CE75JD

imagine the possibilities

Thank you for purchasing this Samsung product.

# Microwave Oven

## Owner's Instructions & Cooking Guide

Please be advised that the Samsung warranty does NOT cover service calls to explain product operation, correct improper installation, or perform normal cleaning or maintenance.

Planet First **100 % Recycled Paper**

**This manual is made with 100 % recycled paper.**

SAMSUNG

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# safety information

## USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contains valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

## LEGEND FOR SYMBOLS AND ICONS

| | |
|---|---|
| WARNING | Hazards or unsafe practices that may result in **severe personal injury or death**. |
| CAUTION | Hazards or unsafe practices that may result in **minor personal injury or property damage**. |

| | | | |
|---|---|---|---|
| | Warning; Fire hazard | | Warning; Hot surface |
| | Warning; Electricity | | Warning; Explosive material |
| | Do NOT attempt. | | Do NOT touch. |
| | Do NOT disassemble. | | Follow directions explicitly. |
| | Unplug the power plug from the wall socket. | | Make sure the machine is grounded to prevent electric shock. |
| | Call the service center for help. | | Note |
| | Important | | |



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## IMPORTANT SAFETY INSTRUCTIONS

**READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.**

Make sure that these safety precautions are obeyed at all times.

**Before using the oven, confirm that the following instructions are followed.**

| ⚠ WARNING (Microwave function only) | |
|---|---|
| ⃠ | **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person. |
| ⃠ | **WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy. |
| ☛ | This appliance is intended to be used in household only. |

| | |
|---|---|
| ★ | **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. |
| ★ | **WARNING:** This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised. |
| ★ | Only use utensils that are suitable for use in microwave ovens. |
| ★ | When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. |





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| | |
|---|---|
| ★ | The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire. |
| ⇄ | If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames. |
| ★ | **WARNING:** Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container. |
| ★ | **WARNING:** The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns. |
| ⃠ | Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended. |
| ★ | The oven should be cleaned regularly and any food deposits removed. |
| ☛ | Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation. |
| ⃠ | The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc. |
| ★ | This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. |
| ★ | Children should be supervised to ensure that they do not play with the appliance. |
| ✆ | If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard. |
| ⃠ | **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode; |



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| | |
|---|---|
| | The appliance should not be cleaned with a water jet. |
| | This oven should be positioned proper direction and height permitting easy access to cavity and control area. |
| | Before using the your oven first time, oven should be operated with the water during 10 minute and then used. |
| | If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center. |
| | The microwave oven has to be positioned so that plug is accessible. |
| | The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet. |

| ⚠ WARNING<br>(Oven function only) - Optional | |
|---|---|
| | **WARNING:** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated. |

| | |
|---|---|
| | During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven. |
| | **WARNING:** Accessible parts may become hot during use. Young children should be kept away. |
| | A steam cleaner is not to be used. |
| | **WARNING:** Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock. |
| | **WARNING:** The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements.<br>Children less than 8 years of age shall be kept away unless continuously supervised. |
| | The temperature of accessible surfaces may be high when the appliance is operating. |
| | The door or the outer surface may get hot when the appliance is operating. |
| | Keep the appliance and its cord out of reach of children less than 8 years. |





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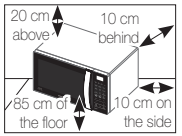
| | |
|---|---|
| ★ | This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. |
| ⃠ | Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass. |
| ⃠ | Appliances are not intended to be operated by means of an external timer or separate remote-control system. |

## INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safety bear the weight of the oven.




**1.** When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.

**2.** Remove all packing materials inside the oven.

**3.** Install the roller ring and turntable. Check that the turntable rotates freely. (Turntable type model only)

**4.** This microwave oven has to be positioned so that plug is accessible.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
For your personal safety, plug the cable into a proper AC earthed socket.



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- Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

## CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings (Turntable type model only)

- **ALWAYS** ensure that the door seals are clean and the door closes properly.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces of oven with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice in the oven and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

- **DO NOT** spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:
  - Accumulate
  - Prevent the door from closing correctly
- **Clean** the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.





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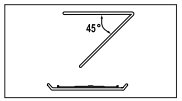
When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45 ° and clean it. (Swing heater model only)




## STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.
The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repair.

- **NEVER** remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:
  - Unplug it from the wall socket
  - Contact the nearest after-sales service centre

- If you wish to store your oven away temporarily, choose a dry, dustfree place. **Reason :** Dust and damp may adversely affect the working parts in the oven.
- This microwave oven is not intended for commercial use.
- The Light bulb should not be replaced in person for safety reasons.
  Please contact nearest authorised Samsung customer care centre to arrange for a qualified engineer to replace the bulb.

| ⚠ WARNING | | | | | |
|---|---|---|---|---|---|
| | Only qualified staff should be allowed to modify or repair the appliance. | ✓ | ✓ | ✓ | ✓ |
| | Do not heat liquids and other food in sealed containers for microwave function. | ✓ | ✓ | ✓ | ✓ |
| | For your safety, do not use high-pressure water cleaners or steam jet cleaners. | ✓ | ✓ | ✓ | ✓ |
| | Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground. | ✓ | ✓ | ✓ | ✓ |
| | This appliance must be properly grounded in accordance with local and national codes. | ✓ | ✓ | ✓ | ✓ |
| | Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis. | ✓ | ✓ | ✓ | ✓ |



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| | | | | | |
|---|---|---|---|---|---|
| | Do not pull or excessively bend or place heavy objecton the power cord. | ✓ | ✓ | ✓ | ✓ |
| | In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug. | ✓ | ✓ | ✓ | ✓ |
| | Do not touch the power plug with wet hands. | ✓ | ✓ | ✓ | ✓ |
| | Do not turn the appliance off by unplugging the power plug while an operation is in progress. | ✓ | ✓ | ✓ | ✓ |
| | Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre. | ✓ | ✓ | ✓ | ✓ |
| | Do not apply excessive pressure or impact to the appliance. | ✓ | ✓ | ✓ | ✓ |
| | Do not place the oven over a fragile object such as a sink or glass object. | ✓ | ✓ | | |
| | Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance. | ✓ | ✓ | ✓ | ✓ |
| | Ensure that the power voltage, frequency and current are the same as those of the product specifications. | ✓ | ✓ | | ✓ |
| | Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer. | ✓ | ✓ | ✓ | |
| | Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven. | ✓ | ✓ | ✓ | |
| | Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre. | ✓ | ✓ | ✓ | ✓ |

| | | | | | |
|---|---|---|---|---|---|
| | Do not pour or directly spray water onto the oven. | ✓ | ✓ | | |
| | Do not place objects on the oven, inside or on the door of the oven. | ✓ | ✓ | ✓ | |
| | Do not spray volatile material such as insecticide onto the surface of the oven. | ✓ | ✓ | | |
| | Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven. | ✓ | | ✓ | ✓ |
| | Keep children away from the door when opening or closing it as they may bump themselves on the door or catch their fingers in the door. | ✓ | ✓ | ✓ | ✓ |
| | **WARNING:** Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions:<br>• Immerse the scalded area in cold water for at least 10 minutes.<br>• Cover with a clean, dry dressing.<br>• Do not apply any creams, oils or lotions. | ✓ | ✓ | ✓ | ✓ |
| | Do not put the tray or rack in water shortly after cooking because it may cause breakage or damage of the tray or rack. | | | | ✓ |
| | Do not operate the microwave oven for deep fat frying because the oil temperature cannot be controlled. This could result in a sudden boil over of the hot liquid. | ✓ | | | ✓ |





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| ⚠ CAUTION | | | | | |
|---|---|---|---|---|---|
| ★ | Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc.<br>Remove wire twist ties from paper or plastic bags.<br>Reason: Electric arcing or sparking may occur and may damage the oven. | ✓ | | ✓ | ✓ |
| ⃠ | Do not use your microwave oven to dry papers or clothes. | ✓ | | ✓ | ✓ |
| ★ | Use shorter times for smaller amounts of food to prevent overheating and burning food. | ✓ | | ✓ | ✓ |
| ⃠ | Do not immerse the power cable or power plug in water and keep the power cable away from heat. | ✓ | ✓ | | |
| ⃠ | Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc. | | | ✓ | ✓ |
| ⃠ | Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently. | ✓ | | ✓ | |
| ⃠ | Always use oven mitts when removing a dish from the oven to avoid unintentional burns. | | | ✓ | |
| ★ | Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling. | | | ✓ | |
| ★ | Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam. | | | ✓ | |
| ⃠ | Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally. | ✓ | | | ✓ |
| ★ | Install the oven in compliance with the clearances stated in this manual. (See installing your microwave oven.) | ✓ | | ✓ | |
| ★ | Take care when connecting other electrical appliances to sockets near the oven. | ✓ | ✓ | ✓ | |

## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY. (MICROWAVE FUNCTION ONLY)

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:
(1) door (bent)
(2) door hinges (broken or loose)
(3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.



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Samsung will charge a repair fee for replacing an accessory or repairing a cosmetic defect if the damage to the unit and/or damage to or loss of the accessory was caused by the customer. Items this stipulation covers include:

(a) A Dented, Scratched, or Broken Door, Handle, Out-Panel, or Control Panel.

(b) A Broken or missing Tray, Guide Roller, Coupler, or Wire Rack.

- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

# quick look-up guide

**If you want to cook some food.**

| | |
|---|---|
| Microwave | **1.** Press the **Microwave** button. |
| Microwave | **2.** Press the **Microwave** button until the appropriate power lever (100 - 800 W). |
| 10min 1min 10s | **3.** Select the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons as required. (Max 99 min) |
| START | **4.** Press the **Start** button.<br>**Result:** Cooking starts.<br>When cooking has finished, the oven will beep and flash “0” four times. The end reminder signal will beep 3 times. (once every minute) |

**If you want to add extra 30 seconds leave the food in the oven.**

| | |
|---|---|
| +30s | Press **+30s** button one or more times for each extra 30 seconds that you wish to add.<br>Then press the **Start** button. |





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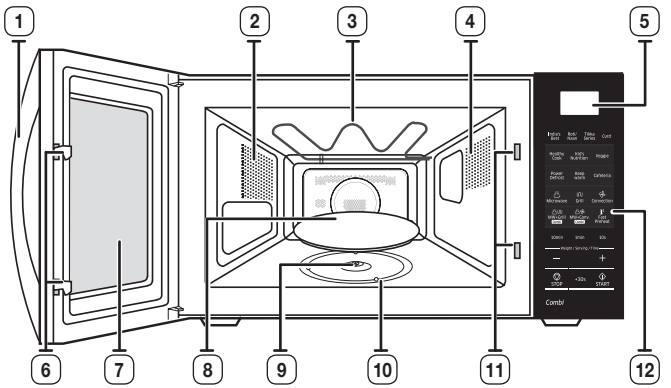
**If you want to Power Defrost some food.**

| | |
|---|---|
| Power Defrost | **1.** Place the frozen food in the oven.<br>Press the **Power Defrost** button. |
| Power Defrost | **2.** Select the food category by pressing the **Power Defrost** button, until the desired food category is selected.<br>(Refer to 17 page) |
| − + | **3.** Select the weight by pressing the **Up (+)/Down (-)** buttons as required. |
| START | **4.** Press the **Start** button.<br>**Result:** Defrosting starts.<br>When cooking has finished, the oven will beep and flash “0” four times. The end reminder signal will beep 3 times. (once every minute) |

## OVEN




1. DOOR HANDLE
2. VENTILATION HOLES
3. GRILL
4. LIGHT
5. DISPLAY
6. DOOR LATCHES
7. DOOR
8. TURNTABLE
9. COUPLER
10. ROLLER RING
11. SAFETY INTERLOCK HOLES
12. CONTROL PANEL



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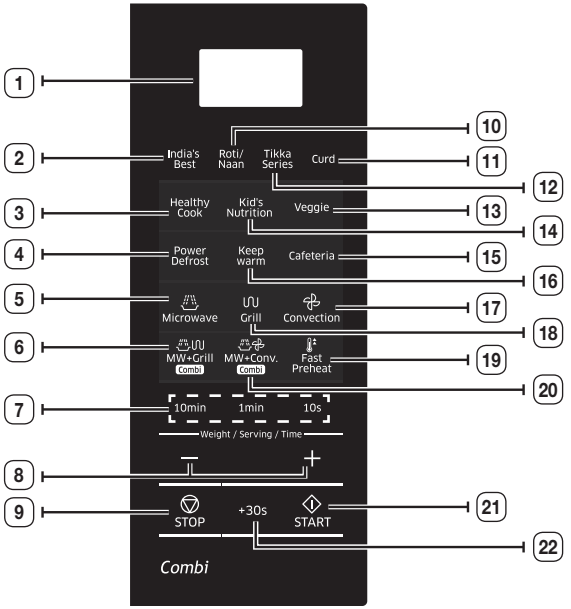
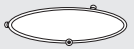
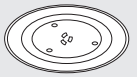
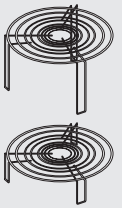
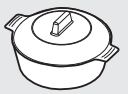
## CONTROL PANEL




1. DISPLAY
2. INDIA'S BEST BUTTON
3. HEALTHY COOK SELECTION
4. POWER DEFROST BUTTON
5. MICROWAVE BUTTON
6. MICROWAVE+GRILL(COMBI) BUTTON
7. TIME SETTING BUTTON
8. UP (+)/DOWN (-) BUTTON (Cook time, Weight and serving size)
9. STOP BUTTON
10. ROTI/NAAN BUTTON
11. CURD BUTTON
12. TIKKA SERIES BUTTON
13. VEGGIE BUTTON
14. KID'S NUTRITION BUTTON
15. CAFETERIA BUTTON
16. KEEP WARM BUTTON
17. CONVECTION BUTTON
18. GRILL BUTTON
19. FAST PREHEAT BUTTON
20. MICROWAVE+CONVECTION(COMBI) BUTTON
21. START BUTTON
22. +30s BUTTON

## ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

| | |
|---|---|
|  | 1. **Roller ring**, to be placed in the centre of the oven.<br>**Purpose:** The roller ring supports the turntable. |
|  | 2. **Turntable**, to be placed on the roller ring with the centre fitting to the coupler.<br>**Purpose:** The turntable serves as the main cooking surface; it can be easily removed for cleaning. |
|  | 3. **High rack**, **Low rack** to be placed on the turntable.<br>**Purpose:** The metal racks can be used to cook two dishes at the same time. A small dish may be placed on the turntable and a second dish on the rack.<br>**The metal racks can be used in grill, convection and combination cooking.** |
| | 4. **Crusty plate,** see page 36 to 38.<br>**Purpose:** The crusty plate is used to brown food better in the microwave or grill combination cooking modes. It helps keep pastry and pizza dough crisp. |
|  | 5. **Steam cooker,** see page 35 to 36.<br>**Purpose:** The plastic steam cooker when using power steam function. |

**DO NOT** operate the microwave oven without the roller ring and turntable.





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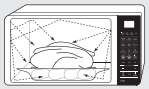
## HOW A MICROWAVE OVEN WORKS

Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.
You can use your microwave oven to:

- Defrost
- Reheat
- Cook

Cooking Principle.



1. The microwaves generated by the magnetron reflected at cavity and are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.
2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.
3. Cooking times vary according to the container used and the properties of the food:
   - Quantity and density
   - Water content
   - Initial temperature (refrigerated or not)

As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre
- The same temperature throughout the food

## CHECKING THAT YOUR OVEN IS OPERATING CORRECTLY

The following simple procedure enables you to check that your oven is working correctly at all times.

First, place a bowl of water on the turntable. Then, close the door.

1. Press the **Microwave** button and set the time to 4-5 minutes by pressing the **1 min** button the appropriate number of times.

2. Press the **Start** button.
   **Result:** The oven heats the water for 4 to 5 minutes. The water should then be boiling.

The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum is used, the water takes longer to boil.



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## SETTING THE TIME

Your microwave oven has an inbuilt clock. When power is supplied, ":0", "88:88" or "12:00" is automatically displayed on the display.
Please set the current time. The time is displayed the 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure

Do not forget to reset the clock when you switch to and from summer and winter time.

**Auto energy saving function (Only for applicable models)**
If you do not select any function when appliance is in the middle of setting or operating with temporary stop condition, function is canceled and clock will be displayed after 25 minutes. Oven Lamp will be turned off after 5 minutes with door open condition.

| | |
|---|---|
| 10min 1min | **1.** To set the time, Press the **10 min** and **1 min** buttons at the same time for 1~3 seconds. |
| − + | **2.** Press the **Up (+)/Down (-)** buttons to set the hour. |
| START | **3.** Press the **Start** button. |
| − + | **4.** Press the **Up (+)/Down (-)** buttons to set the minute. |
| START | **5.** When the right time is displayed, press the **Start** button to start the clock.<br>**Result:** The time is displayed whenever you are not using the microwave oven. |

## COOKING/REHEATING

The following procedure explains how to cook or reheat food.
ALWAYS check your cooking settings before leaving the oven unattended.

First, place the food in the centre of the turntable. Then, close the door.

| | |
|---|---|
| Microwave | **1.** Press the **Microwave** button.<br>**Result:** The following indications are displayed:<br>(microwave mode) |
| Microwave | **2.** Select the appropriate power level by pressing the **Microwave** button again until the corresponding output power is displayed. Refer to the power level table on the following page for further details. |
| 10min 1min 10s | **3.** Set the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons.<br>**Result:** The cooking time is displayed. |
| START | **3.** Press the **Start** button.<br>**Result:** The oven light comes on and the turntable starts rotating. Cooking starts and when it has finished:<br>• The oven will beep and flash "0" four times. The end reminder signal will beep 3 times. (once every minute) |

**Never** switch the microwave oven on when it is empty.





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## POWER LEVELS

You can choose among the power levels and temperature below.

| Power level | Output | | |
|---|---|---|---|
| | MWO | GRILL | CONVECTION |
| HIGH | 800 W | - | - |
| MEDIUM HIGH | 600 W | - | - |
| MEDIUM | 450 W | - | - |
| MEDIUM LOW | 300 W | - | - |
| DEFROST | 180 W | - | - |
| LOW / KEEP WARM | 100 W | - | - |
| GRILL | - | 1100 W | - |
| COMBI | 600 W<br>450 W<br>300 W | 1100 W | - |
| CONVECTION | - | - | MAX: 1700 W<br>(200 - 40 °C) |
| COMBI I | 600 W<br>450 W<br>300 W<br>180 W<br>100 W | - | MAX: 1700 W<br>(200 - 40 °C) |

If you select higher power level, the cooking time must be decreased.

If you select lower power level, the cooking time must be increased.

## ADJUSTING THE COOKING TIME

You can increase the cooking time by pressing the **+30s** button once for each 30 seconds to be added.

| | |
|---|---|
| +30s | **1.** Press the **+30s** button once for each 30 seconds to be added. |
| START | **2.** Press the **Start** button. |

## STOPPING THE COOKING

You can stop cooking at any time so that you can:

- Check the food
- Turn the food over or stir it
- Leave it to stand

| To stop the cooking... | Then... |
|---|---|
| Temporarily | Open the door.<br>**Result:** Cooking stops.<br>To resume cooking, close the door again and press the **Start** button. |
| Completely | Press the **Stop** button.<br>**Result:** Cooking stops.<br>If you wish to cancel the cooking settings, press the **Stop** button again. |

You can cancel any setting before starting cooking by simply pressing **Stop** button.



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## USING THE POWER DEFROST FEATURE

The Power Defrost feature enables you to defrost meat, poultry, fish, bread/ cake and fruit. The defrost time and power level are set automatically.
You simply select the programme and the weight.

First, place the frozen food in the centre of the turntable and close the door.

| | |
|---|---|
| Power Defrost | **1.** Press the **Power Defrost** button.<br>**Result:** The following indication is displayed: Power Defrost mode |
| Power Defrost | **2.** Select the type of food that you are cooking by pressing the **Power Defrost** button. Refer to the table on the following page for a description of the various preprogrammed settings. |
| – + | **3.** Select the food weight by pressing the **Up (+)/Down (-)** buttons. |
| START | **4.** Press the **Start** button.<br>**Result:**<br>• Defrosting begins.<br>• The oven beeps through defrosting to remind you to turn the food over. |
| START | **5.** Press the **Start** button again to finish defrosting.<br>**Result:** When cooking has finished, the oven will beep and flash "0" four times. The end reminder signal will beep 3 times. (once every minute) |

You can also defrost food manually. To do so, select the microwave cooking/ reheating function with a power level of 180 W. Refer to the section entitled "Cooking/Reheating" on page 15 for further details.

Use only dishes that are microwave-safe.

## USING THE POWER DEFROST SETTINGS

The following table presents the various Power Defrost programmes, quantities and appropriate instructions. Remove all kind of package material before defrosting.
Place meat, poultry, fish and fruit on a flat glass plate or on a ceramic plate, arrange bread/cake on kitchen paper.

| Code/Food | Serving Size | Instructions |
|---|---|---|
| 1<br>Meat | 200-1500 g | Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for lamb, pork, steaks, chops, minced meat. Stand for 20-90 minutes. |
| 2<br>Poultry | 200-1500 g | Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions. Stand for 20-90 minutes. |
| 3<br>Fish | 200-1500 g | Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets. Stand for 20-80 minutes. |
| 4<br>Bread/Cake | 125-625 g | Put bread horizontally on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door). This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not suitable for short/crust pastry, fruit and cream cakes as well as for cake with chocolate topping. Stand for 10-60 minutes. |
| 5<br>Fruit | 100-500 g | Spread fruits evenly into a flat glass dish. This programme is suitable for all kind of fruits. Stand for 5-20 minutes. |

Select the Manual Defrosting function with a power level of 180 W if you want to defrost food manually. For further details on manual defrosting and defrosting time, refer to the page 44.





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## USING THE KEEP WARM FEATURE

Place the keep food warm in the centre of the turntable and close the door.

| | |
|---|---|
| Keep warm | **1.** Press the **Keep Warm** button. |
| 10min 1min 10s | **2.** Set the keep warm time time by pressing the **10 min**, **1 min** and **10 s** buttons.<br>**Result:** The keep warm time is displayed. |
| START | **3.** Press the **Start** button.<br>The max keep warm time is 90 mins.<br>**Result:** When keep warm time has finished, the oven will beep and flash “0” four times. The end reminder signal will beep 3 times. (once every minute) |

## USING THE KEEP WARM SETTINGS

The following table presents 4 items. It contains food, drink, bread and pastries and dishes/crockery. The convection heater operates only and it will cycle on and off to keep food warm. Use oven gloves while taking out!

| Item | Example & Instructions |
|---|---|
| Food | Roast meat, chicken, gratin, pizza, potatoes and plated meal |
| Drink | Water, milk and coffee |
| Bread and pastries | Bread, toast, rolls, muffins and cake |
| Dishes/Crockery | Cup and ovenware<br>Distribute the crockery over the whole area of turn table.<br>Do not overload the oven. (Maximum load 5 kg) |

- Do not use this function to reheat cold foods.This programmes are for keeping food warm that has just been cooked.
- Do not recommend food being kept warm for too long (more than 1 hour), as it will continue to cook. Warm food spoils more quickly.
- Cover liquids and foods which are high moisture contents. But if you want to keep crisp roast or fried foods, do not cover it.

## USING THE ROTI/NAAN FEATURE

The Roti/Naan feature has pre-programmed cooking time. You do not need to set either the cooking times or the power level.

First, place the food in the centre of the turntable and close the door.

| | |
|---|---|
| Roti/ Naan | **1.** Press the **Roti/Naan** button. |
| Roti/ Naan | **2.** Select the type of food that you are cooking by pressing the **Roti/Naan** Button.<br>Refer to the table on the following page for a description of the various preprogrammed settings. |
| START | **3.** Press the **Start** button.<br>**Result:**<br>• Roti/Naan begins.<br>• The oven beeps through Roti/Naan to remind you to turn the food over.<br>• The following indiacations is dislpayed :<br> |
| START | **4.** Press the **Start** button again to finish Roti/Naan.<br>**Result:** When Roti/Naan time has finished, the oven will beep and flash “0” four times. The end reminder signal will beep 3 times(once every minute). |



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## USING THE ROTI/NAAN SETTINGS

The following table presents the various Roti/Naan Programmes and appropriate instructions.

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 1<br>Roti | 2 pieces | Whole wheat flour – 2 cup, Water as required for dough, Ghee – 50 g, Salt to taste |
| | **Instructions**<br>In a bowl add flour, salt and ghee. Knead with sufficient water and make smooth dough. Cover and leave for ½ hour. Divide into 4 equal balls, roll out with the help of a rolling pin and make 4 rotis. Apply a little oil at one side of roti and place that side down on the crusty plate and cook. Keep 2 rotis at a time on the crusty plate. When beep, turn the food over and press start. Serve hot with butter. Repeat the same process until all the Roti has been prepared. | |
| 2<br>Naan | 2 pieces | All-purpose flour – 2 cup, Sugar – ¼ tbsp., Hot water, (but not boiling, just hot tap water) – ¼ cup, Active dry yeast – ½ tsp., Warm milk – ½ cup, Melted butter for brushing (may use olive oil), Fresh garlic or other herbs for topping |
| | **Instructions**<br>Combine the warm water with the sugar and yeast. Let sit for 10 minutes until foamy. It should smell like bread. In a bowl add the flour, warm milk and Yeast mixture. Mix with a wooden spoon until dough starts to come together and then finish mixing the dough with your hands until a smooth but still sticky ball forms. Cover the dough with a damp towel Or plastic wrap and let sit in a warm place for 2 to 3 hour. After 2 to 3 hours dough will be double to its size, punch the dough down and divide into 4 equal balls. Using a rolling-pin, roll each piece of dough into an oval shape. The dough should be about 6-8 inches long and about ¼-inch thick, but no thinner. Repeat this method with the rest of the dough. Apply a little oil at one side of naan and place the dough on the crusty plate and cook. Keep 2 Naans at a time on the crusty plate. When beep, turn the food over and press start. Serve hot with butter. Repeat the same process until all the Naans has been prepared. | |

## USING THE CURD FEATURE

Place the Curd in the centre of the turntable and close the door.

| | |
|---|---|
| Curd | **1.** Press the **Curd** button. |
| START | **2.** Press the **Start** button.<br>**Result:** When curd time has finished, the oven will beep and flash “0” four times.<br>The end reminder signal will beep 3 times. (once every minute). |

## USING THE CURD SETTINGS

The following table presents curd items.
The covection heater operates only and it will cycle on and off to make curd.
Use oven glove while taking out!

| Item | Example & Instructions |
|---|---|
| Curd | Take half liter of milk in MWS glass bowl & put in microwave at 180W for 22 min.<br>Take it out & let it cool till it is lukewarm (approx 37 °C), add 3 tbsp curd & stir well.<br>Put it back in microwave and press the start button. The curd will be ready after 2 hours.<br>Remove from Microwave immediately and put in Refrigerator. |

Do not use this function without heating and cooling the milk. This programmes is for making curd after cooling.

Please keep in Refrigerator to prevent from becoming sour after cooking.





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## USING THE AUTO COOK FEATURE

The Auto Cook feature (India's Best, Tikka Series, Healthy Cook, Kid's Nutrition, Veggie, Cafeteria) has 60 pre-programmed cooking time. You do not need to set either the cooking times or the power level.

First, place the food in the centre of the turntable and close the door.

| | |
|---|---|
| | **1.** Select the type of food that you are cooking by pressing the **Auto Cook** (**India's Best**, **Tikka Series**, **Healthy Cook**, **Kid's Nutrition**, **Veggie**, **Cafeteria**) button once or more times. |
| | **2.** Press the **Start** button.<br>**Result:** Cooking starts. When it has finished:<br>1) The oven beeps four times.<br>2) The current time is displayed again.<br>3) The end reminder signal will beep 3 times. (once every minute) |

Use only recipients that are microwave-safe.

## USING THE INDIA'S BEST SETTINGS

The following table presents the various India's Best Programmes and appropriate instructions.

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 1<br>Fish Curry | 400-500 gm | Surmai – 200 gm, Onions (Chopped) – 1, Tomato (Chopped) – 1, Water – 1 Cup, Coconut + Milk – ½ Cup, Ginger Garlic Paste, Turmeric Powder, Red Chilli , Powder, Garam Masala, Salt – As per your taste, Oil – As required. |
| | **Instructions**<br>In microwave safe bowl take oil, chopped onions, ginger garlic paste and cook. When beeps, add all ingredients. Mix well and after that put the microwave safe bowl and cook. | |
| 2<br>Stuffed Tomato | 200-300 gm | Tomato – 4, Onion (Chopped) – 1, Paneer – ½ Cup, Coriander, Cumin Powder, Salt & Sugar – As per your test, Butter – 1 tbsp |
| | **Instructions**<br>Cut tomatoes and scoop out the pulp to have plain tomato cups. Grate paneer then mix coriander, cumin powder and the stuff the mixture with tomatoes. In Microwave safe Glass bowl add butter and chopped onions and press the start. When beeps, add tomatoes and cover it. Mix well and after that put the microwave safe bowl in microwave and cook. | |
| 3<br>Chicken Kali Mirch | 400-500 gm | Bone Less Chicken – 350 gm, Chopped onion – 1, Ginger Garlic Paste – 1 tsp, Kali Mirch Powder (Pepper Powder) – 1 tsp, Salt , Lemon Juice, Oil – As per your taste |
| | **Instructions**<br>Marinate chicken with salt, lemon juice and kali mirch powder and keep for 1 hour. In microwave safe bowl take oil, chopped onions, ginger garlic paste and put the microwave safe bowl in Microwave and then press start. When beeps, add marinated chicken, little water and salt and put the microwave safe bowl in Microwave and cook. | |
| 4<br>Sweet Rice | 400-500 gm | Soaked Rice – 100 gm, Sugar – ½ cup, Lemon Juice – 1 tsp, Dry Fruits – (As per your taste), Cardamom Powder – (As per your taste), Edible Yellow Color – ¼ tsp, Ghee – 2 tbsp, Water – 200 ml |
| | **Instructions**<br>In microwave safe bowl take ghee and soaked rice, water and cover with lid then press start. When beeps, add sugar, dry fruits, color and cardamom powder. Mix well and cook. | |



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| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 5<br>Sambhar | 400-500 gm | Arhar Dal/ Red Gram – 100 gm, Oil – 2 Tb. Sp, Onion Chopped – 1, Tomato (Chopped) – 1, Mix Vegetables (drumsticks, Ghia / Bottle Gourd Red Pumpkin, Brinjal, Ladies Finger) – 1 cup, Mustard Seeds – 1 tbsp, Asafetida – ¼ tbsp, Tamarind Pulp, Cumin Seeds, Green Chili, Sambhar Masala, Salt – As required |
| | **Instructions**<br>In microwave safe bowl put dal, turmeric powder, onions, green chilies, tomatoes, mixed vegetables and add some water, cover it in microwave and then press start. When beeps, take microwave safe bowl take oil, safetida, and cumin, curry leaves, red chilies, dal, sambhar masala, tamrind pulp, salt, water and put the microwave safe bowl in microwave then cook. | |
| 6<br>Chicken Biryani | 400-500 gm | Basmati rice (Soaked for 1 hour) – 200 gm, Water – 500 ml, Ghee – 3 tbsp Cloves, Cardamom, Pepper Cinnamon, Tej Patta, Salt – As per your taste, Chicken – 200 gm, Onion (chopped) – 1, Tomato (chopped) – 1Recommendations |
| | **Instructions**<br>In microwave safe glass bowl add ghee, chicken, onions, tomatoes and all masala and soaked rice and put the microwave safe bowl in microwave and then press start. When beeps, add salt and water mix well, cover it and put the microwave safe bowl in microwave and then cook. When beeps, serve hot with salads. | |
| 7<br>Kashmiri Aloo | 300-400 gm | Small Pealed Potato – 8/10, Onion Grind – 2 No, Tomato Puri – 2, Ginger, Garlic Paste – 2 tbsp, Coriander Powder, Cumin Powder, Turmeric Powder, Red Chili Powder, Garam Masala, Salt – As per your taste, Oil – 3 tbsp, Cream – ¼ Cup, Water – ½ Cup |
| | **Instructions**<br>In microwave safe bowl take water add prick potatoes then press start. When beeps, in another bowl add oil, onions and ginger-garlic paste, potato and all other ingredients and cook. | |

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 8<br>Kheema Masala | 400-500 gm | Kheema (chicken) – 200 gm, Chopped Onion – 1, Chopped Tomato – 1, Ginger Garlic Paste – 1 tsp, Turmeric, Salt, Red Chili, Cumin Powder, Garam Masala – As per taste, Oil and Water – As required, Dhaniya – For Garnishing |
| | **Instructions**<br>In microwave safe glass bowl take kheema with water, After that put the microwave safe bowl in microwave and press start. When beeps, in microwave safe glass bowl take oil, chopped onion, tomato, ginger garlic paste and all the masala. After that put the microwave safe bowl in microwave and cook. When beep, add boiled kheema to this microwave safe bowl mix well and serve. | |
| 9<br>Carrot Halwa | 400-500 gm | Grated Carrot – 300 gm, Ghee – 2 tbsp, Milk Powder – 4 tbsp, Khoya – 5 tbsp, Sugar – 4 tbsp, Milk – ½ Cup, Cardamom Powder and Dry Fruit – As per your taste |
| | **Instructions**<br>In microwave safe uncovered glass bowl take grated carrot and ghee. Mix it well and press the start. When beeps, add milk powder, milk, khoya and sugar. Mix it well and cook. Again when beeps, add dry fruits and cardamom powder and serve. | |
| 10<br>Machchi Patiala | 400-500 gm | Fish (preferably skinless & boneless) – 500 gm (cut into 2" pieces (but fish with skin and bones can also be used)), Oil – 4 tbsp, Large Onion , (Chopped very fine) – 1 (1 cup),<br>Green Chilies – 2 to 3, Garlic Paste – ½ tsp, Ginger Paste – ½ tsp, Turmeric Powder – ½ tsp, Red Chili Powder – ½ tsp, Salt – ½ tsp, Medium Tomatoes (chopped very fine) – 3 (2½ cups), Water – ¾ cup, Corn Flour – 2 heaped tsp |
| | **Instructions**<br>In a glass bowl take oil. Add powdered muster seeds, cumin and ajwain and press start. Add turmeric, onion, ginger, garlic and green chilies. Mix well. Add Fish pieces, red chili powder, salt, tomatoes and ¾ cup water. Mix well with a spoon. Add corn flour dissolved in 2 tbsp water. Mix well and covered then cook. | |



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## USING THE TIKKA SERIES SETTINGS

The following table presents the various Tikka Series Programmes and appropriate instructions.

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 1<br>Harabhara Kabab | 300-400 gm | Boiled Potato (mashed) – 200 gm, Mix Veg (mashed) – 100 gm, Ginger Garlic Paste – 1 tsp, Chili Paste – 1 tsp, Salt, Garam Masala, Oil and Bread Crump's – As required. |
| | **Instructions**<br>Mix all the ingredients and make cutlets in desired shape. Keep high rack inside and place cutlets on metal flat dish, Keep this on high rack and then cook. When beeps, turn the cutlets and keep this on high rack and cook. Serve with sauce. | |
| 2<br>Chicken Tikka | 300-350 gm | Boneless Chicken – 225 gm, Thick Curd – 1 cup, Chat Masala – 1 tbsp, Ginger Garlic Paste – 1½ tbsp, Eatable Orange – A Pinch, Oil – 2 tbsp, Salt & Lemon Juice – As per your taste, Cream – 2 tbsp |
| | **Instructions**<br>Mix all the ingredients together and keep in the refrigerator for 1 hour. After marinating add chicken pieces in a greased metal tray. Sprinkle some oil on it and cook on the high rack. When beeps, turn pieces of side down and cook. Serve hot with green Chutney. | |
| 3<br>Paneer Tikka | 250-300 gm | Paneer – 200 gm, Lemon Juice – 1 tbsp, Edible Red Color – 1 pinch, Oil – 1 tbsp Marinate : Hung Curd – 4 tbsp, Ginger Garlic Paste – 1½ tbsp, Red Chili Powder, Garam Masala – As per your taste |
| | **Instructions**<br>Mix all the ingredients of marinate thoroughly. Add paneer pieces and keep it for 2 hrs in a refrigerator. Keep the pieces in metal tray on high rack. Apply little oil on it. After that put the metal try on high rack and then start cooking. When beeps, turn the pieces and again put the metal tray on high rack and then press start. Serve hot with chutney. | |
| 4<br>Fish Tikka | 400-500 gm | Fish Fillet – 400 gm Marinate : Hung Curd – ½ cupLemon juice – 1 tbsp, Salt, Turmeric, Red Chili Powder, Chat Masala, Garam Masala, Ginger Garlic Paste – As per your taste |
| | **Instructions**<br>Wash the Fish Fillet. Mix all the ingredients of marinating and pour this mixture to fish fillet evenly. Keep for 1 hr in a refrigerator. Arrange the fish fillet on greased metal tray. Apply little oil on each piece. Keep the metal tray on high rack and start cooking. When beeps turn the pieces and take on high rack and cook. | |
| 5<br>Aloo Tikka | 400-500 gm | Baby Potato (peeled) – 400 gm, Curd – ½ cup, Ginger garlic paste – ½ tbsp, Coriander Powder, Cumin Powder, Red Chili Powder, Kasoori Methi, Salt & Oil – As per your test |
| | **Instructions**<br>Take peeled Aloo, add curd, ginger garlic paste and other spices and salt mix them well and put on high rack metal try sprinkle oil, and start to cook. When beeps, turn potato and cook again. Serve hot. | |
| 6<br>Tandoori Gobi | 250-300 gm | Gobi (Cut big flowers) – 200 gm, Lemon Juice – 1 tbsp, Edible Red Color – 1 pinch, Oil – 1 tbsp Marinate : Hung Curd – 4 tbsp, Ginger Garlic Paste – 1½ tbsp, Red Chili Powder, Garam Masala – As per your taste |
| | **Instructions**<br>Mix all the ingredients of marinate thoroughly. Add Gobi pieces and keep it for 2 hrs in a refrigerator. Keep the pieces in metal tray on high rack. Apply little oil on it. After that put the metal tray on high rack and then press start. When beeps, turn the pieces and again and after that put the metal tray on high rack and cook. Serve hot with chutney. | |



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| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 7<br>Murg Malai Kabab | 400-500 gm | Chicken – 300 gm (Cut-Boneless (skinless), Cut in 1½" – 2" pieces (pieces should be of even size)) Saunf (aniseed) , powder – 1 tsp, Salt – 1 tsp, Amchoor (dry mango) Powder – 1 tsp, Red Chili Powder – 1 tsp, Nutmeg powder – ¼ tsp, Cream or Malai – 4 tbsp |
| | **Instructions**<br>In microwave safe glass bowl take all the ingredients. Marinate in refrigerator for 1 hr. In metal tray arrange the pieces, sprinkle oil, and cook at high rack. When beeps, turn the pieces and cook. | |
| 8<br>Mutton Tikka | 400-500 gm | Mutton (Boneless) – 400 gm, Salt, Red Chili Powder, Turmeric, Garam Masala, Chat Masala, Oil – As per your taste Marinate : Hung Curd – 1 cup, Ginger Garlic Paste – 2 tsp |
| | **Instructions**<br>In microwave safe glass bowl take all the ingredients. Marinate in refrigerator for 1 hr. In metal tray arrange the pieces, sprinkle oil and cook at the high rack. When beeps, turn the pieces and cook again. | |
| 9<br>Pepper Chicken | 400-500 gm | Boneless chicken – 500 gm, Pepper powder – 1 tbsp, Oil – 1 tsp, Soya sauce – 1 tsp, Salt – As per your taste |
| | **Instructions**<br>In microwave safe bowl take chicken with all other ingredients mix well, after that put the microwave safe bowl in Microwave and then press start. When beep, stir well and after that put the microwave safe bowl and cook. Serve hot. | |
| 10<br>Tandoori Arvi | 400-500 gm | Arvi (peeled) – 400 gm, Curd – ½ cup, Ginger Garlic Paste, Dhaniya Powder, Cumin Powder, Red Chili Powder, Kasoori Methi, Salt & Oil – As per your tasteRecommendations |
| | **Instructions**<br>Take peeled Arvi, add curd ginger garlic paste and other spices and salt mix them well and put on high rack and cook. When beeps, turn the Arvi and cook. Serve hot. | |

## USING THE HEALTHY COOK SETTINGS

The following table presents the various Healthy Cook Programmes and appropriate instructions.

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 1<br>Lemon Chicken | 300-400 gm | Chicken (Boneless) – 300 gm, Lemon Juice – 3 tbsp, Honey – 3 tbsp, Pepper – 1 tbsp, Olive Oil – 2 tbsp, Salt – As required |
| | **Instructions**<br>Marinate chicken with pepper, salt and lemon juice and put in refrigerator for one hour. In microwave safe bowl take olive oil and marinate chicken mix well and cover it and After that put the microwave safe bowl in Microwave and then cook. When beeps, turn the chicken pieces and after that put the microwave safe bowl in microwave and then press start. After cooking, remove bowl and add honey after 5 minutes mix and serve. | |
| 2<br>Poha | 300-400 gm | Poha – 0.3 kg, Oil – 3 tbsp, Onion Chopped – 1 cup, Green Chili – 4 Nos, Mustered, Cumin, Asafetida, Turmeric, Curry Leaves – For Tempering, Grated Coconut & Coriander – For Garnishing. |
| | **Instructions**<br>In microwave safe bowl put oil mustered, cumin, green chili, onions, turmeric powder curry leaves. After that put the microwave safe bowl in microwave and then press start. When beeps, add washed Poha, salt and sugar to taste. Mix well and cook again. Garnish coconut and coriander. Serve hot. | |

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| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 3<br>Upma | 300-400 gm | Rava Suji (Semolina) – one cup or 100 gm, Oil – 2 tbsp, Mustered, Cumin – 2 tsp, Urad Dal (Black Gram) – ½ tsp, Green Chilies – 2 nos, Curry Leaves – 7 to 8, Water – 200 ml, Sugar & Salt – as per your taste, Lemon Juice – 1 tsp |
| | **Instructions**<br>In microwave safe bowl put oil, muster seeds, cumin, black gram, green chilies, curry leaves, and rava suji/semolina. After that put the microwave safe bowl in microwave and then press start. When beeps, add water, sugar and salt to taste, lemon juice, mix well and keep inside. And then put the bowl in microwave and cook again. Garnish with coriander and bhujiya. | |
| 4<br>Daliya | 300-400 gm | Daliya – 100 gm, Sugar – 75 gm, Milk + Water (equal) – 200 ml, Ghee – 1 tbsp, Cardamom Powder, Kishmish and Cashew Nuts – As per your taste |
| | **Instructions**<br>Soaked daliya for 1 hr. Drained water & keep it side, microwave safe bowl a daliya & ghee and then cook. When beeps, add milk, water, sugar mix well, cover it and cook again. When beeps, add cardamom powder, kishmish and cashew nuts mix well. | |
| 5<br>Chili Honey Veg. | 200 gm | Mix Veg – 200 gm (Carrot, Muter, Corn, Cornflower, French Beans etc – Cut small pieces), Honey – 2 tbsp, Salt, Lemon Juice, Pepper Powder – As per your test, Water – As required |
| | **Instructions**<br>In microwave safe bowl take vegetable and cook. When beeps, drain water add honey, salt, lemon juice, pepper powder mix well and cook again. | |

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 6<br>Hot and Sour Soup | 300 gm | Chopped Mix Veg (Carrot, Cabbage, Capsicum) – 1 cup, Chopped Ginger – 1 tbsp, Chopped Garlic – 1 tbsp, Con Flower – 2 tbsp, Oil / Butter – 2 tbsp, Water – 200 ml, Chili Sauce, Soya Sauce, Vinegar, Salt, Sugar – As per your test |
| | **Instructions**<br>In microwave safe glass bowl add oil and mix veg., ginger, garlic. After that put the bowl in microwave and cook. When beeps, grind and strain the whole and add water, chili sauce, soya sauce, vinegar, salt, sugar as your requirement & mix well, bowl in microwave and cook again. | |
| 7<br>Idli | 8 Idly | Instant Idly Mix – 2 cups, Curd – 1 cup, Ginger Garlic Chili Paste and Salt – As per your taste, Water – As required |
| | **Instructions**<br>Mix all the ingredients and make a batter, pour this batter to greased microwave and cook. Serve hot with Chutney & Sambhar. | |
| 8<br>Steamed Veg. | 200 gm | Mix Veg (Cauliflower, Carrot, Capsicum Muter Corn, French Beans) – 200 gm (Cut in small pieces), Sugar, Pepper Powder, Salt – As per your taste, Water – 3 cup |
| | **Instructions**<br>In microwave safe glass bowl take mix veg. and water, after that put the bowl in microwave and cook. When beeps, drain water in another bowl take veg., sugar, peper powder, salt mix well and serve hot. | |
| 9<br>Atta Ladoo | 300-350 gm | Atta – 2 cup, Ghee – 100 gm, Powder Sugar – 75 gm, Cardamom Powder – 1 tbsp, Almonds (Chopped) – ¼ cup |
| | **Instructions**<br>In microwave safe glass bowl add Atta and ghee and mix well and cook. When beeps, stir well and cook again. When cool and cardamom powder, sugar powder, mix well and make Ladoo. | |



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| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 10<br>Sukhi Moong Dal | 300-400 gm | Moong dal – 150 gm, Onion (chopped) – 2 nos, Water – 1 cup, Ginger Garlic Paste, Salt, Turmeric Powder, Chili Garam Masala, Coriander Powder, Cumin Powder & Pepper Powder |
| | **Instructions**<br>In microwave safe glass bowl take oil onion and ginger-garlic paste and cook. When beeps, add moong dal and all other ingredients along with water and cook again. | |

## USING THE KID'S NUTRITION SETTINGS

The following table presents the various Kid's Nutrition Programmes and appropriate instructions.

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 1<br>Veg. Pasta | 200-250 gm | Pasta – 200 gm, Oil – 1 tbsp, Grated Cheese – 3 tbsp, Pizza Pasta Sauce Spring Onion Water – As per your taste, Salt – As required |
| | **Instructions**<br>In microwave safe bowl add pasta and water and cook. When beeps, strain pasta and mix the pasta with all the ingredients and cook again. Serve hot. | |
| 2<br>Noodles | 150-300 gm | Noodles – 0.3 kg, Oil – 3 tbsp, Vinegar – 1 tbsp, Soya Sauce – 1 tbsp, Chili Sauce – 1 tbsp, Mix vegetables – 1 cup (Cabbage, Carrot, Capsicum, French, Beans, etc) |
| | **Instructions**<br>In microwave safe bowl take noodles, water, oil and salt and put the bowl in microwave and cook. When beeps, strain noodles and pour cold water over it. In the bowl put some oil and finally chopped vegetables, add vinegar, soya sauce, chili sauce, MSG salt and paper to taste and ¼ cup water and After that put the bowl in microwave and cook again. Add noodles and mix well. | |

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 3<br>Chana Chat | 200-250 gm | Soaked Chana – 100 gm, Water – 250 ml, Boiled Potato – 1 No, Ginger paste – 1 tbsp, Green Chili Paste – 1 tbsp, Oil – 1 tbsp, Salt, Red Chili Powder, Pepper, Garam Masala, Chat Masala and Lemon Juice – As per taste, Muster Seeds, Cumin, and Asafetida – For tempering |
| | **Instructions**<br>In bowl take water and soaked chana, after that put the bowl in microwave then start cooking. When beeps drain the remaining water. In another microwave safe bowl take muster seeds, cumin, asafetida, oil, green chili paste and ginger paste and after that put the microwave safe bowl in microwave and cook. When beeps add boiled chana, boiled potato, salt, garam masala, chat, masala, lemon juice and mix well. | |
| 4<br>Suji Halwa | 200-250 gm | Suji – 150 gm, Ghee – 4 tbsp, Sugar – ¾ cup, Water – 3 cup, Dry Fruit, Cardamom Powder – As per your test |
| | **Instructions**<br>In microwave safe glass bowl take suji & ghee and cook. When beeps, add water, sugar, dry fruit & cardamom powder mix well and cook again. | |
| 5<br>Chicken Pizza | 200-250 gm | Pizza Base – 100 gm, Pizza Toping – 3 tbsp, Boiled Chicken (Shredded) – ½ cup, Grated Cheese – ½ cup, Flakes, Oregano – As per your taste |
| | **Instructions**<br>Preheat the 200 °C Convection using the fast preheat button. When beeps, add pizza toping boiled chicken and cheese on pizza base, and after that put on lower rack and then press start. Serve with oregano and chili flakes on top. | |

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| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 6<br>Corn Chat | 200-250 gm | Sweet Corn – 300 gm, Water – 100 ml, Salt, Sugar, Butter, Chat Masala, Pepper Powder – As required |
| | **Instructions**<br>In microwave safe glass bowl take sweet corn with water and start cooking. When beeps, drain water and add salt, sugar, butter, chat masala and pepper powder mix well and serve hot. | |
| 7<br>Veg. Cutlet | 200-250 gm | Boiled Vegetables (Potato, Cauliflower Carrots, Green Peas) – 200 gm, Corn flour – 2 tbsp, Bread Crumbs – 1 cup, Ginger Garlic Paste – 2 tbsp, Chili Paste – 2 tbsp, Garam Masala – 1 tbsp, Lemon Juice, Salt, Sugar – As per your taste. |
| | **Instructions**<br>In a bowl take mix vegetables, boiled potato, bread crumbs and all the other ingredients except oil and mix well and smash properly. Make cutlets. Put them on a metal tray and put some oil around the cutlets. Keep this on high rack and start cook. When it gives a beep, remove and turn them over. Put it in a microwave and keep this on high rack and cook again. When it gives a beep remove and garnish with coriander. | |
| 8<br>Macaroni | 200-250 gm | Macaroni – 150 gm, Hot Water – 400 ml, Butter – 4 tbsp, Spring Onion (chopped) – 4 tbsp, Garlic (Chopped) – 6 tbsp, Mushrooms (Chopped) – 6 Nos, Tomato Sauce – 6 tbsp, Chili Sauce – 4 tbsp, Salt, Sugar, Pepper & Oregano – As per your taste |
| | **Instructions**<br>In microwave safe bowl take macaroni with hot water. After that put the microwave safe bowl and start cook. When beeps, drain water from it. In bowl add all the ingredients with boiled macaroni mix well and after that put the bowl in microwave and cook again. | |

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 9<br>Pasta Salad | 200-250 gm | Pasta (Penne) – 150 gm, Hot Water – 400 ml, Butter – 4 tbsp, Spring Onion (chopped) – 4 tbsp, Garlic (Chopped) – 6 tbsp, Tomato Sauce – 6 tbsp, Salt, Sugar, Pepper & Oregano – As per your taste, White Sauce – ½ cup, Cheese – ¼ cup |
| | **Instructions**<br>In microwave safe bowl take pasta with hot water. After that put the bowl in microwave and start cooking. When beeps, drain water from it. In bowl add all the ingredients with boiled pasta, mix well and after that put the bowl in microwave and cook again. | |
| 10<br>Maggie | 200-250 gm | Maggie – 200 gm, Water – 400 ml, Maggie Masala – 1 packet, Salt – As per your taste |
| | **Instructions**<br>In microwave safe bowl take maggie with water and maggie masala. After that put the bowl in microwave and start cooking. | |

## USING THE VEGGIE SETTINGS

The following table presents the various Veggie Programmes and appropriate instructions.

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 1<br>Pav. Bhaji | 400-500 gm | Vegetables (Potato, Cauliflower, Capsicum, Green Peas, Carrot, Beans etc) – 300 gm, Oil – 3 tbsp, Onion (Chopped) – 2 nos, Tomato (Chopped) – 2 Nos, Pav Bhaji Masala, Ginger Garlic Paste, Red Chili Powder, Salt, Lemon juice, Butter, Hara Dhaniya, Water – As per your taste. |
| | **Instructions**<br>In microwave safe take all the vegetables, after that put the bowl in microwave and start to cook. When beeps, in another bowl add oil, ginger garlic paste, chopped onion, chopped tomato, mix well and add masala, lemon juice, smashed vegetables, salt, pav bhaji masala and water as required. Mix well and that put bowl in microwave and cook again. | |



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| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 2<br>Mutter Paneer | 400-500 gm | Boiled Mutter – 100 gm, Paneer – 200 gm, Onions (paste) – 2 no, Tomato (puree) – 2 no, Garlic Ginger Paste – 1 tsp, Oil – 2 tbsp, Red Chili Powder, Garam Masala |
| | **Instructions**<br>In microwave safe bowl add oil, onions and ginger garlic paste and put the bowl in microwave and start cooking. When beeps, add tomato puree, cream, and all masala except, salt and sugar boiled mutter, paneer salt and sugar and put the bowl in microwave and cook again. | |
| 3<br>Aloo Gobi | 300-400 gm | Cut Potatoes – 200 gm, Cut Cauliflower – 200 gm, Cut Tomatoes – 100 gm, Oil – 2 tbsp, Turmeric Powder, Coriander Powder, Red Chili Powder, Cumin Seeds, Salt, Garam Masala, Water – As per your taste, Fresh Cream, Salt, Turmeric, Sugar, Kasoori Methi, Coriander – As per your taste, Cream – 2 tbsp |
| | **Instructions**<br>In microwave safe glass bowl take oil, potatoes and cauliflower and mix well. Put the bowl in microwave and start cooking. When beeps, add tomatoes, other ingredients, and water and put in microwave then cook again. | |
| 4<br>Karela Masala | 300-400 gm | Karela (Cut small Pieces) – 8/10, Onion Grind – 2 No, Tomato Puri – 2 No, Ginger, Garlic Pest – 2 Tbsp, Coriander Powder, Cumin Powder, Turmeric Powder, Red chili powder, Garam Masala, Salt – As per your test, Oil – 3 tbsp, Cream – ¼ Cup, Water – ½ Cup |
| | **Instructions**<br>In microwave safe bowl take oil and add onions and start cooking. When beeps, add ginger garlic paste, karela pieces and all the spices and add tomato puree, half cup water, cream and cover it and cook again. Serve hot with rice. | |

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 5<br>Aloo Methi | 150-200 gm | Aloo (Boiled) – 2 nos, Methi – 1 bunch, Green Chilies – 2 to 3 nos, Oil – 2 tbsp, Salt, Turmeric, Musters Seeds, Cumin – As required |
| | **Instructions**<br>In microwave safe bowl take oil, muster, cumin, green chilies. After that put the microwave safe bowl in microwave and start to cook. When beeps, add methi leaves, turmeric and salt mix well and after that put the bowl in microwave and cook again. After the cooking, add boiled aloo mix well. | |
| 6<br>Kadhi Pakoda | 400-500 gm | Ghee – 2 tbsp, Gram Flour – 3 tbsp, Curd – 200 gm, Water – 300 ml, Salt, Sugar, Cumin, Green Chili, Ginger, Curry Leaves – As per your taste, Gram flour for Pakoda – 100 gm, Red Chili Powder, Turmeric, Ajwain & Salt – As per your taste |
| | **Instructions**<br>In microwave safe glass bowl add ghee, cumin and curry leave curd with water add gram flour, sugar, salt, green chili and ginger mix it well and start cooking. In another bowl take gram flour. Add salt, ajwain, red chili powder, little oil to it and make soft dough and make small ball form it. When beeps, add to this ball to Kadhi mixture and cook again. Serve hot with rice. | |
| 7<br>Dal Tadka | 400-500 gm | Soaked Arhar Dal (Soaked for 1 hr) – 200 gm, Water – 300 gm, Oil – 2 tbsp, Cumin – 1 tbsp, Green Chilies – 2 to 3 nos, Curry Leaves – 5 to 6 nos, Salt, Coriander, Cumin Powder, Turmeric, Asafetida, Kasoori Methi, Lemon Juice – As per your taste |
| | **Instructions**<br>In microwave safe bowl take dal. Add water, turmeric and asafetida and cover it. After that put the bowl in microwave and start to cook. When beeps, take another bowl and add oil, cumin, chopped green chilies, curry leaves cooked dal, salt, coriander, cumin powder, kasurimethi, lemon juice, water. After that put the bowl in microwave and cook again. Garnish with tomato. | |

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| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 8<br>Lazeez Bhindi | 400-500 gm | Bhindi (Cut into pieces) – 400 gm, Onion (Chopped) – 2 Nos, Tomato (Chopped) – 2 Nos, Ginger Garlic Paste – 2 tbsp, Coriander Powder, Cumin Powder, Turmeric, Red Chili Powder, Garam Masala, Salt – As per your taste, Oil – As required, Cream – 2 tbsp |
| | **Instructions**<br>In microwave safe glass bowl take oil, add chopped onion & ginger garlic paste. After that put the bowl in microwave and start cooking. When beeps, add powder masala. Chopped tomato and bhindi, salt and cream and after that put the bowl in microwave and cook again. | |
| 9<br>Palak Paneer | 400-500 gm | Palak Leaves (Spinach) – 300 gm (Boiled & Grinded), Onion (Chopped) – 2 Nos, Tomato (Chopped) – 2 Nos, Ginger Garlic Paste – 2 tbsp, Paneer – 150 gm, Oil – 3 tbsp, Garam Masala, Coriander Cumin, Powder, Salt, Fresh Cream – As per your taste |
| | **Instructions**<br>In microwave safe glass bowl take oil, add chopped onion & ginger garlic paste. After that put the bowl in microwave and start cooking. When beeps, add tomato and all the masala, palak paste, paneer and cream. Mix it well and after that put the bowl in microwave and cook again. | |
| 10<br>Mixed Masala Veg. | 400-500 gm | Mix Vegetables (Yam, Custer Beans, White Ash Guard, White Pumpkin, Red Pumpkin, Raw Banana, Carrots) – 400 gm (Peeled and Cut into), Fresh coconut – 1 cup (2" pieces), Green Chili – 2 to 3 Nos, Cumin – ½ tsp, Curry Leaves – 7 to 8 Nos, Turmeric – ¼ tsp, Curd – ¼ cup, Coconut oil – 1 tsp, Salt & Sugar – As per taste |
| | **Instructions**<br>Make paste of coconut, green chill and cumin with little water and keep aside. In microwave safe bowl, take all the vegetables, with some water and start to cook. When beeps, in another microwave safe bowl, take coconut oils, curry leaves, turmeric and boiled vegetables mix well and cook again. After cooking, add curd and paste of coconut and mix well. | |

## USING THE CAFETERIA SETTINGS

The following table presents the various Cafeteria Programmes and appropriate instructions.

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 1<br>Brownie | 300-400 gm | Plain Flour – 100 gm, Powdered Sugar – 80 gm, Butter – 75 gm, Eggs – 2 no, Chopped Almonds – 3 tbsp, Baking Powder – 1 tsp, Chocolate Essence – 1 tsp, Coco Powder – 3 tbsp |
| | **Instructions**<br>Sieve plain flour, baking powder, mix coco powder with ½ cup water. In a bowl beat butter with powder sugar. Add eggs and essence and beat it well. Add maida and almonds to this mixture and mix well. Add coco solution to this mixture and mix well. For spoon dropping consistency add milk or water. Pour this mixture in greased metal tin. Preheat the 200 °C Convection using the fast preheat button. When beeps, put this cake tin in microwave and cook. | |
| 2<br>Garlic Bread | 300-400 gm | Bread (French) – 3 slices, Butter – 3 tbsp, Garlic – 2 tbsp, Grated Cheese – 3 tbsp, Salt, Pepper, Oregano, Chili Flakes – As per taste |
| | **Instructions**<br>Mix butter, garlic, salt, pepper, oregano and make a paste. Apply this paste on both sides of the bread and sprinkle grated cheese and chilli flakes. Keep these breads on metal tray on low rack. Preheat the 200 °C Convection using the fast preheat button. When beeps, put this metal tray in microwave and cook. | |



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| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 3<br>Chocolate Muffin | 6 muffin's | Plain Flour – 100 gm, Butter – 75 gm, Powdered Sugar – 75 gm, Eggs – 1 Nos, Baking Powder – ½ tsp, Almond Essence – ½ tsp, Almonds, Walnuts (As per your taste) |
| | **Instructions**<br>Sieve plain flour with baking powder beat butter with sugar, add eggs. Beet well and add essence, mix maida in it keep on adding milk and water till the tin is filled to the brim, grease the Muffin tin in with butter and pour the cake mixture in it. Preheat the 200 °C Convection using the fast preheat button. When beeps, keep in low rack and cook. | |
| 4<br>Veg. Pizza | 200-250 gm | Pizza Base – 100 gm, Pizza Toping – 3 tbsp, Mixed Vegetables (Tomato, capsicum, Onion) – 1 cup, Grated Cheese – ½ cup, Chili Flakes – As per your taste, Oregano – seasoning |
| | **Instructions**<br>Preheat the 200 °C convection using the fast preheat button. When beeps, add pizza toping mixed vegetable and Cheese on Pizza base, and After that put the pizza in lower and then press start. Serve with oregano and chili flakes on top. | |
| 5<br>Dhokla | 200 gm | Gram Flour – 200 gm, Warm Water – 75 ml, Curd – 3 tbsp, Green Chili-Ginger – 1½ tsp, Fruit Salt – 1½ tsp, Salt & Sugar – As per your taste |
| | **Instructions**<br>Grease the microwave safe flat dish, with little oil. Mix gram flour curd, sugar, salt, water, ginger, green chili paste, yellow color, fruit, and salt together. Pour the mixture in greased dish, then put the bowl in dhokla maker and then press start. Cut it into pieces, garnish with grated coconut and coriander and serve with sauce or chutney. | |

| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 6<br>Marble Cake | 450-500 gm | Plain Flour – 150 gm, Condensed Milk – 200 gm, Butter – 100 gm, Baking Powder – 1 tsp, Soda bi carb – ½ tsp, Vanilla Essence – 1 tsp, Coco Powder – 2 tbsp |
| | **Instructions**<br>Sieve plain flour with baking powder and soda, in a bowl beat butter with milkmaid, Beat well and add essence, mix maida in it for spoon dropping consistency add milk and water. Divide the mixture in 2 parts. Add coco powder in one part put the plain batter and coco batter alternately in the tin. Run a spoon through the batter only once. Select menu and after that put the microwave safe bowl in microwave. Preheat the 200 °C Convection using the fast preheat button. When beeps, put the tin on lower rack, Put the tin in lower rack on microwave and then press start to bake. | |
| 7<br>Lazeez Paneer Toast | 2 eggs | Butter – 1½ tbsp, Brown or White Bread – 4 slices, Garlic (5-6 Flakes, crushed and chopped) – 1 tsp, Leaves of Palak (Spinach + washed & shredded) – 100 gm, Paneer – 150 gm, Basil or Coriander – 1 tbsp (chopped), Mozzarella Cheese (grated) – 5 tbsp, Salt & Pepper – ¼ tsp, Red Chili Flakes – (As per test) |
| | **Instructions**<br>Wash and shred the spinach leaves into thin ribbons. In microwave bowl add butter, garlic, spinach and press the start. When beeps, remove and add grated paneer, basil cheese, mozzarella cheese & mix it well. Spread the mixer on the toast. In a low rack take spread bread slice at low rack and cook. | |

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| Code/Food | Serving Size | Ingredients |
|---|---|---|
| 8<br>Cheese Straw | 200-250 gm | Plain Flour – 100 gm, Grated Cheese – 25 gm, Butter – 50 gm, Baking Powder – 1/8 tsp, Pepper Powder – ¼ tsp, Chili Powder – ½ tsp, Salt – ¼ tsp, Water – As required |
| | **Instructions**<br>Sieve plain flour with baking powder, chili powder and pepper. In a bowl add butter, maida, and cheese and rub with fingertips till it resembles like bread crump's, add little water to make soft dough in thin roti and cut into small pieces, Twist them and put on Metal tray. Preheat the 200 °C Convection using the fast preheat button. When beeps, keep this tray on low rack and cook. Serve cold. | |
| 9<br>Fish Cutlet | 300 gm | Fish Fillet (Cut in small pieces) – 250 gm, Boiled Potato – 2 no, Bread crumbs – 1 cup, Oil – 2 tbsp, Chili Powder, Turmeric, Ginger-Garlic Paste, Salt – As per your taste, Garam Masala Powder – 1 tbsp, Coriander – 2 tbsp |
| | **Instructions**<br>In a bowl take fish fillet and all the other ingredients except oil and mix well. Make cutlets. Put them on a metal tray; put some oil around the cutlets. Keep this on high rack and cook. When beeps, remove and turn them over. Put it in a microwave and cook. When it gives a beep remove and garnish with coriander. | |
| 10<br>Omelet | 2 eggs | Eggs – 2 Nos, Chopped Onions – ¼ cup, Chopped Tomatoes – ¼ cup, Chopped Green Chili – 1 Nos, Chopped Coriander – 1 tbsp, Milk – 2 tbsp, Salt and Pepper – As per your taste |
| | **Instructions**<br>Beat the eggs and add chopped onions, tomatoes, green chilies, coriander, salt, pepper and milk and mix well. Apply some oil to microwave safe flat dish and add egg mixture and cook. When beeps, turn and cook. Stand for 1 minute. | |

## FAST PREHEATING THE OVEN

For convection cooking, it is recommended that you preheat the oven to the appropriate temperature before placing the food in the oven.
When the oven reaches the requested temperature, it is maintained for approximately 10 minutes. Then it is switched off automatically.
Check that the heating element is in the correct position for type of cooking that you require.

| | |
|---|---|
| Fast Preheat | **1.** Press the **Fast Preheat** button.<br>**Result:** The following indications are displayed:<br>200 °C (temperature) |
| Fast Preheat | **2.** Press the **Fast Preheat** button one or more times to set the temperature.<br>(Temperature : 200, 180, 160, 140, 100, 40 °C) |
| START | **3.** Press the **Start** button.<br>**Result:** The oven is preheated to the requested temperature.<br>• The display times are 8 seconds for the selected cooking mode and 2 seconds for the preset temperature in sequence.<br>Ex) In fast preheat mode at 200 °C<br> (displayed for 8 seconds)<br> (displayed for 2 seconds)<br>• Upon arrival at the preset temperature, the oven beeps 6 times and the temperature is kept for 10 minutes.<br>• After 10 minutes, the beeps 4 times and the operation stops. |

In case the inner temperature has reached the preset temperature, the beeps 6 times when temperature and the preset temperature is kept for 10 minutes.

If you would like to know the current temperature of oven cavity, press **Fast Preheat** button.



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## COOKING BY CONVECTION

The convection mode enables you to cook food in the same way as in a traditional oven. The microwave mode is not used. You can set the temperature, as required, in a range varying from 40 °C to 200 °C in six preset levels. The maximum cooking time is 60 minutes.

If you wish to Fast Preheat the oven, see the left side.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and browning, if you use the low rack.

Check that the heating element is in the horizontal position and that the turntable is in position. Open the door and place the recipient on the low rack and set on turntable.

| | |
|---|---|
| Convection | **1.** Press the **Convection** button.<br>**Result:** The following indications are displayed:<br>(convection mode)<br>200 °C (temperature) |
| Convection | **2.** Press the **Convection** button once or more times to set the temperature.<br>(Temperature : 200, 180, 160, 140, 100, 40 °C) |
| 10min 1min 10s | **3.** Select the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons. |
| START | **4.** Press the **Start** button.<br>**Result:** Cooking starts:<br>• The display times are 8 seconds for the preset cooking time and 2 seconds for the preset temperature in sequence.<br>Ex) 30 minutes of cooking time at 200 °C<br> <br>(displayed for 8 seconds) (displayed for 2 seconds)<br>• When cooking has finished, the oven will beep and flash “0” four times. The end reminder signal will beep 3 times. (once every minute) |

Be careful, Grill heater may work intermittently while the convection mode is operating.

If you would like to know the current temperature of oven cavity, press **Fast Preheat** button.





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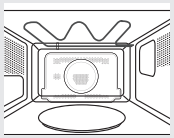
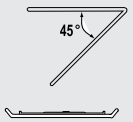
## CHOOSING THE HEATING ELEMENT POSITION

The heating element is used when grilling. There is only one position listed.
We need to tell consumers when it should be placed in the vertical position.

- Horizontal position for grilling or combined microwave + grill cooking

Only change the position of the heating element when it is cold and do not apply excessive force when placing it in the vertical position.

| | To set the heating element to the... | Then... |
|---|---|---|
|  | Horizontal position (grill or combined microwave + grill). | • Pull the heating element towards you.<br>• Push it upwards until it is parallel with the roof of the oven. |
|  | When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45 ° and clean it. | |

## GRILLING

The grill enables you to heat and brown food quickly, without using microwaves.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and grilling results, if you use the high rack.

| | |
|---|---|
| | **1.** Open the door and place the food on the rack. |
| Grill | **2.** Press the **Grill** button.<br>**Result:** The following indications are displayed:<br>• You cannot set the temperature of the grill. |
| 10min 1min 10s | **3.** Set the grilling time by pressing the **10 min**, **1 min** and **10 s** buttons.<br>• The maximum grilling time is 60 minutes. |
| START | **4.** Press the **Start** button.<br>**Result:** Grilling starts:<br>• When cooking has finished, the oven will beep and flash “0” four times. The end reminder signal will beep 3 times. (once every minute) |

Do not worry if the heater turns off and on while grilling. This system is designed to prevent overheating of the oven.



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## COMBINING MICROWAVES AND THE GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

**ALWAYS** use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

**ALWAYS** use oven gloves when touching the recipients in the oven, as they will be very hot.

You can improve cooking and grilling, if you use the high rack.

Open the door. Place the food on the rack best suited to the type of food to be cooked. Place the rack on the turntable. Close the door.

| | |
|---|---|
| MW+Grill Combi | **1.** Press the **Microwave+Grill** button.<br>**Result:** The following indications are displayed:<br>(microwave & grill combi mode)<br>600 W (out power) |
| MW+Grill Combi | **2.** Select the appropriate power level by pressing the **Microwave+Grill** button until the corresponding output power is displayed (300-600 W). |
| 10min 1min 10s | **3.** Set the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons. |
| START | **4.** Press the **Start** button.<br>**Result:** Cooking starts:<br>• Combination cooking starts.<br>• When cooking has finished, the oven will beep and flash "0" four times. The end reminder signal will beep 3 times. (once every minute) |

The maximum microwave power for the combined microwave and grill mode is 600 W.

You cannot set the temperature of the grill.

## COMBINING MICROWAVES AND CONVECTION

Combination cooking uses both microwave energy and convection heating.
No preheating is required as the microwave energy is immediately available.
Many foods can be cooked in combination mode, particularly:

- Roast meats and poultry
- Pies and cakes
- Egg and cheese dishes

**ALWAYS** use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

**ALWAYS** use oven gloves when touching the recipients in the oven, as they will be very hot.

Open the door . Place the food on the turntable or on the low rack which should then be placed on the turntable. Close the door. You can get better cooking and browning, if you use the low rack.

| | |
|---|---|
| | **1.** Make sure that the heating element is in the horizontal position; refer page 32 for further details. |
| MW+Conv. Combi | **2.** Press the **Microwave+CONV.** button.<br>**Result:** The following indications are displayed:<br>(microwave & convection combi mode)<br>200 °C (temperature) |
| MW+Conv. Combi | **3.** Select the temperature by pressing the **Microwave+CONV.** button.<br>(Temperature : 200, 180, 160, 140, 100, 40 °C) |
| 10min 1min 10s | **4.** Set the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons. |
| MW+Conv. Combi | **5.** Set the appropriate power level by pressing the **Microwave+CONV.** button until the corresponding output power is displayed (600, 450, 300, 180, 100 W). |

(continued)





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| | |
|---|---|
| START | **6.** Press the **Start** button.<br>**Result:**<br>• Combination cooking starts.<br>• The oven is heated to the required temperature and then microwave cooking continues until the cooking time is over.<br>• The display times are 8 seconds for the preset cooking time and 2 seconds for the preset temperature in sequence.<br>Ex) 30 minutes of cooking time at 200 °C<br> (displayed for 8 seconds)<br> (displayed for 2 seconds)<br>• When cooking has finished, the oven will beep and flash “0” four times. The end reminder signal will beep 3 times. (once every minute) |

If you would like to know the current temperature of the oven cavity, press the **Fast Preheat** button.

## MULTISTAGE COOKING

Your microwave oven can be programmed to cook food in up to three stages (the Convection, Microwave+Convection and Fast Preheat mode can not be used in Multistage cooking).

**Example:** You wish to Power defrost food and cook it without having to reset the oven after each stage. You can thus defrost and cook a 1500 g chicken in three stages:

- Defrosting
- Microwave cooking for 25 minutes
- Grill for 10 minutes

Defrosting must be the first stage. Combination and Grill can only be used once during the remaining two stages, However microwave can be used twice(at two different power levels).

| | |
|---|---|
| Power Defrost | **1.** Press the **Power Defrost** button. |
| Power Defrost | **2.** Select the type of food that you are cooking by pressing the **Power Defrost** button. (Refer to 17 page) |
| − + | **3.** Set the weight by pressing the **Up (+)/Down (-)** buttons the appropriate number of times (1500 g in the example). |
| Microwave | **4.** Press the **Microwave** button. |
| Microwave | **5.** Set the microwave power level by pressing the **Microwave** button to select the appropriate Power Level (450 W in the example). |
| 10min 1min 10s | **6.** Set the cooking time by **10 min**, **1 min** and **10 s** buttons. (30 minutes in the example) |



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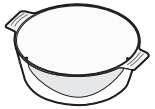
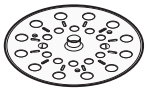
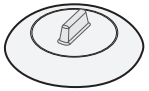
| | |
|---|---|
| Grill | **7.** Press the **Grill** button. |
| 10min 1min 10s | **8.** Pressing the **10 min**, **1 min** and **10 s** buttons appropriate number of times (15 minutes in the example). |
| START | **9.** Press the **Start** button.<br>**Result:** Cooking starts.<br>When cooking has finished, the oven will beep and flash "0" four times. The end reminder signal will beep 3 times. (once every minute) |

## POWER STEAM COOKING GUIDE

The Power Steamer is based on the principle of steam cooking, and is designed for fast, healthy cooking in your Samsung Microwave oven.
This accessory is ideal for cooking rice, pasta, vegetables, etc. in record time, while preserving their nutritional values.
The Microwave Power steamer set is made up of 3 items:


Bowl


Insert tray


Lid

All parts withstand temperatures from -20 °C to 140 °C.
Suitable for freezer storage. Can also be used separately or together.

### CONDITIONS of USE:

- Do not use:
  - to cook foods with a high sugar or fat content,
  - with the grill or rotating heat function or on a hob.
- Wash all parts well in soapy water before first use.
- To find out cooking times, please refer to the instructions in the table on next page.

### MAINTENANCE:

- Your steamer can be washed in a dishwasher.
- When washing by hand, use hot water and washing-up liquid. Do not use abrasive pads.
- Some foods (such as tomato) may discolour the plastic. This is normal and not a manufacturing fault.

### COOKING:

| Food | Serving Size | Power levels | Cooking time (min.) | Handling |
|---|---|---|---|---|
| Artichokes | 300 g (1-2 pcs) | 800 W | 5-6 | Bowl with insert tray + Lid |
| | **Instructions**<br>Rinse and clean artichokes. Put insert tray into bowl.<br>Set artichokes on tray. Add 1 tbsp lemon juice. Cover with lid.<br>Stand for 1-2 minutes. | | | |
| Fresh Vegetables | 300 g | 800 W | 4-5 | Bowl with insert tray + Lid |
| | **Instructions**<br>Weigh the vegetables (e.g. broccoli, cauliflower, carrots, pepper) after washing, cleaning and cutting into similar size. Put tray into bowl. Distribute vegetables on insert tray. Add 2 tbsp water. Cover with lid. Stand for 1-2 minutes. | | | |
| Frozen Vegetables | 300 g | 600 W | 7-8 | Bowl with insert tray + Lid |
| | **Instructions**<br>Put the frozen vegetables into the steam bowl. Put insert tray into bowl. Add 1 tbsp water. Cover with lid. Stir well after cooking and standing. Stand for 2-3 minutes. | | | |
| Rice | 250 g | 800 W | 15-18 | Bowl + Lid |
| | **Instructions**<br>Put rice into the steam bowl. Add 500 ml cold water.<br>Cover with lid. After cooking let stand white rice 5 minutes, brown rice 10 minutes. | | | |

(continued)





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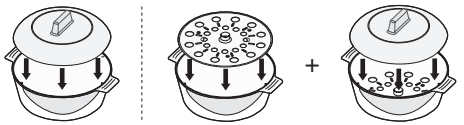
| Food | Serving Size | Power levels | Cooking time (min.) | Handling |
|---|---|---|---|---|
| Jacket Potatoes | 500 g | 800 W | 7-8 | Bowl + Lid |
| | **Instructions**<br>Weigh and rinse the potatoes and put them into steam bowl. Add 3 tbsp water. Cover with lid. Stand for 2-3 minutes. | | | |
| Stew (Chilled) | 400 g | 600 W | 5-6 | Bowl + Lid |
| | **Instructions**<br>Put stew into the steam bowl. Cover with lid. Stir well before standing. Stand for 1-2 minutes. | | | |
| Soup (Chilled) | 400 g | 800 W | 3-4 | Bowl + Lid |
| | **Instructions**<br>Pour into steam bowl. Cover with lid. Stir well before standing. Stand for 1-2 minutes. | | | |
| Frozen Soup | 400 g | 800 W | 8-10 | Bowl + Lid |
| | **Instructions**<br>Put frozen soup into steam bowl. Cover with lid. Stir well before standing. Stand for 2-3 minutes. | | | |
| Frozen Yeast Dumpling with Jam Filling | 150 g | 600 W | 1-2 | Bowl + Lid |
| | **Instructions**<br>Moist the top of filled dumplings with cold water. Put 1-2 frozen dumplings side by side into the steam bowl. Cover with lid. Stand for 2-3 minutes. | | | |
| Fruit Compote | 250 g | 800 W | 3-4 | Bowl + Lid |
| | **Instructions**<br>Weigh the fresh fruits (e.g. apples, pears, plums, apricots, mangoes or pineapple) after peeling, washing and cutting into similar sizes or cubes. Put into steam bowl. Add 1-2 tbsp water and 1-2 tbsp sugar. Cover with lid. Stand for 2-3 minutes. | | | |

### Handling of power steam cooker



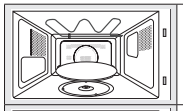
Bowl + Lid  Bowl with insert tray + Lid

### PRECAUTIONS:

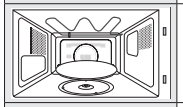
- Take special care when opening the lid of your steamer, because the steam escaping may be very hot.
- Use oven gloves when handling after cooking.

## USING THE CRUSTY PLATE

This crusty plate allows you to brown food not only on the top with the grill, but also the bottom of the food turns crispy and brown due to the high temperature of the crusty plate. Several items which you can prepare on the crusty plate can be found in the chart (see next page). The crusty plate can also be used for bacon, eggs, sausages, etc.



**1.** Place the crusty plate directly on the turntable and preheat it with highest Microwave-Grill-Combination [600 W + Grill] by following the times and instructions in the chart.



**2.** Brush the plate with oil if you are cooking food, such as bacon and eggs, in order to brown the food nicely.

**3.** Place the food on the crusty plate.



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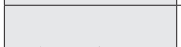
**4.** Place the crusty plate on the metal rack (or turntable) in the microwave.




**5.** Select the appropriate cooking time and power. (Refer to the table on the side)

- Always use oven gloves to take out the crusty plate, as will become very hot.
- Please note that the crusty plate has a teflon layer which is not scratch-resistant. Do not use any sharp objects like a knife to cut on the crusty plate.
- Do not place any objects on the crusty plate that are not heat-resistant.
- Never place the crusty plate in the oven without turntable.
- Clean the crusty plate with warm water and detergent and rinse off with clean water.
- Do not use a scrubbing brush or a hard sponge otherwise the top layer will be damaged.
- Please note that the crust plate is not dish washer-safe.

We recommend to preheat the crusty plate directly on the turntable.
Preheat crusty plate with 600 W + Grill function for 3-4 minutes.
Follow the times and instructions in the table.

| Food | Serving Size | Power | Cooking time (min.) |
|---|---|---|---|
| Bacon | 4 slices (80 g) | 600 W + Grill | 3½-4 |
| | **Instructions**<br>Preheat crusty plate. Put slices side by side on crusty plate. Put crusty plate on the rack. Stand for 3 minutes. | | |
| Grilled Tomatoes | 200 g (2 pcs) | 450 W + Grill | 4½-5 |
| | **Instructions**<br>Preheat crusty plate. Cut tomatoes in halves. Put some cheese on top. Arrange in a circle on crusty plate. Put crusty plate on the rack. Stand for 3 minutes. | | |
| Burger (Frozen) | 2 pieces (125 g) | 600 W + Grill | 7-7½ |
| | **Instructions**<br>Preheat crusty plate. Put frozen burger in a circle on crusty plate. Put crusty plate on the rack. Turn over after 4-5 min. Stand for 3 minutes. | | |
| Baguettes (Frozen) | 200-250 g (2 pcs) | 450 W + Grill | 8-9 |
| | **Instructions**<br>Preheat crusty plate. Put 1 baguette beside the centre, 2 baguettes side by side on the plate. Put crusty plate on rack. Stand for 4 minutes. | | |
| Pizza (Frozen) | 300-350 g | 450 W + Grill | 7½-8½ |
| | **Instructions**<br>Preheat crusty plate. Put the frozen pizza on the crusty plate. Put crusty plate on the Turntable. Stand for 2 minutes. | | |
| Baked Potatoes | 250 g<br>500 g | 600 W + Grill | 5-6<br>8-9 |
| | **Instructions**<br>Preheat crusty plate. Cut potatoes in halves. Put them on the crusty plate with the cut side to the bottom. Arrange in a circle. Put the plate on the rack. Stand for 3 minutes. | | |
| Fish Fingers (Frozen) | 150 g (5 pcs)<br>300 g (10 pcs) | 600 W + Grill | 7-8<br>9-10 |
| | **Instructions**<br>Preheat crusty plate. Brush plate with 1 tbsp oil. Put fish fingers in a circle on the plate. Turn over after 4 min. (5 pc) or after 6 min. (10 pc). Stand for 4 minutes. | | |

(continued)





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| Food | Serving Size | Power | Cooking time (min.) |
|---|---|---|---|
| Chicken Nuggets (Frozen) | 125 g<br>250 g | 600 W + Grill | 5-5½<br>7½-8 |
| | **Instructions**<br>Preheat crusty plate. Brush plate with 1 tbsp. Put chicken nuggets on the plate. Put crusty plate on the rack. Turn over after 3 min. (125 g) or 5 min. (250 g). Stand for 4 minutes. | | |
| Pizza (Chilled) | 300-350 g | 450 W + Grill | 6½-7½ |
| | **Instructions**<br>Preheat crust plate. Put the chilled pizza on the plate. Put crust plate on the Turntable. Stand for 4 minutes. | | |

## CHOOSING THE ACCESSORIES

Traditional convection cooking does require cookware.
You should, however, use only cookware that you would use in your normal oven. Microwave-safe containers are not usually suitable for convection cooking; don't use plastic containers, dishes,paper cups, towels, etc.

If you wish to select a combined cooking mode (microwave and grill or convection), use only recipients that are microwave-safe and oven-proof.

For further details on suitable cookware and utensils, refer to the Cookware Guide on page 39.

## SWITCHING THE BEEPER OFF

You can switch the beeper off whenever you want.

Fast Preheat / MW+Grill Combi

1. Press the **Fast Preheat** and **Microwave+Grill** buttons at the same time (about one second).
   **Result:** The oven does not beep to indicate the end of a function.
   - The following indication is displayed.

Fast Preheat / MW+Grill Combi

2. To switch the beeper back on, press the **Fast Preheat** and **Microwave+Grill** buttons again at the same time (about one second).
   **Result:** The oven operates normally.
   - The following indication is displayed.

## SAFETY-LOCKING YOUR MICROWAVE OVEN

Your microwave oven is fitted with a special Child Safety programme, which enables the oven to be "locked" so that children or anyone unfamiliar with it cannot operate it accidentally.
The oven can be locked at any time.

Grill / MW+Conv. Combi

1. Press the **Grill** and **Microwave+CONV.** buttons at the same time(about three second).
   **Result:** The oven is locked (no functions can be selected).
   - The display shows "L".

Grill / MW+Conv. Combi

2. To unlock the oven, press the **Grill** and **Microwave+CONV.** buttons again at the same time (about three second).
   **Result:** The oven can be used normally.



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# cookware guide

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used.
Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.
The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

| Cookware | Microwave-safe | Comments |
|---|---|---|
| **Aluminum foil** | ✓✗ | Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used. |
| **Browning plate** | ✓ | Do not preheat for more than eight minutes. |
| **China and earthenware** | ✓ | Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim. |
| **Disposable polyester cardboard dishes** | ✓ | Some frozen foods are packaged in these dishes. |
| **Fast-food packaging** | | |
| • Polystyrene cups containers | ✓ | Can be used to warm food. Overheating may cause the polystyrene to melt. |
| • Paper bags or newspaper | ✗ | May catch fire. |
| • Recycled paper or metal trims | ✗ | May cause arcing. |
| **Glassware** | | |
| • Oven-to-table ware | ✓ | Can be used, unless decorated with a metal trim. |
| • Fine glassware | ✓ | Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly. |
| • Glass jars | ✓ | Must remove the lid. Suitable for warming only. |
| **Metal** | | |
| • Dishes | ✗ | May cause arcing or fire. |
| • Freezer bag twist ties | ✗ | |
| **Paper** | | |
| • Plates, cups, napkins and Kitchen paper | ✓ | For short cooking times and warming. Also to absorb excess moisture. |
| • Recycled paper | ✗ | May cause arcing. |
| **Plastic** | | |
| • Containers | ✓ | Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic. |
| • Cling film | ✓ | Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape. |
| • Freezer bags | ✓✗ | Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary. |
| **Wax or grease-proof paper** | ✓ | Can be used to retain moisture and prevent spattering. |

✓ : Recommended ✓✗ : Use Caution ✗ : Unsafe





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# cooking guide

## MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

## COOKING

**Cookware for microwave cooking:**
Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

**Food suitable for microwave cooking:**
Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

**Covering during cooking**
To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

**Standing times**
After cooking is over food the standing time is important to allow the temperature to even out within the food.

**Cooking guide for frozen vegetables**

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

| Food | Serving Size | Power | Time (min.) |
|---|---|---|---|
| Spinach | 150 g | 600 W | 5-6 |
| | **Instructions**<br>Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes. | | |
| Broccoli | 300 g | 600 W | 9-10 |
| | **Instructions**<br>Add 30 ml (2 tbsp) cold water. Stand for 2-3 minutes. | | |
| Peas | 300 g | 600 W | 7-8 |
| | **Instructions**<br>Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes. | | |
| Green Beans | 300 g | 600 W | 8-9 |
| | **Instructions**<br>Add 30 ml (2 tbsp) cold water. Stand for 2-3 minutes. | | |
| Mixed Vegetables (Carrots/Peas/ Corn) | 300 g | 600 W | 7½-8½ |
| | **Instructions**<br>Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes. | | |
| Mixed Vegetables (Chinese Style) | 300 g | 600 W | 8-9 |
| | **Instructions**<br>Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes. | | |



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## Cooking guide for rice and pasta

**Rice :** Use a large glass pyrex bowl with lid - rice doubles in volume during cooking. Cook covered.
After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

**Pasta :** Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

| Food | Serving Size | Power | Time (min.) |
|---|---|---|---|
| White Rice (Parboiled) | 250 g | 800 W | 16-18 |
| | **Instructions** Add 500 ml cold water. Stand for 5 minutes. | | |
| Brown Rice (Parboiled) | 250 g | 800 W | 21-23 |
| | **Instructions** Add 500 ml cold water. Stand for 5 minutes. | | |
| Mixed Rice (Rice + Wild Rice) | 250 g | 800 W | 17-19 |
| | **Instructions** Add 500 ml cold water. Stand for 5 minutes. | | |
| Mixed Corn (Rice + Grain) | 250 g | 800 W | 12-14 |
| | **Instructions** Add 500 ml cold water. Stand for 2 minutes. | | |
| Pasta | 250 g | 800 W | 10-12 |
| | **Instructions** Add 1000 ml hot water. Stand for 5 minutes. | | |

## Cooking guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

**Hint :** Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

| Food | Serving Size | Power | Time (min.) |
|---|---|---|---|
| Broccoli | 250 g<br>500 g | 800 W | 4-5<br>7-8 |
| | **Instructions** Prepare even sized florets. Arrange the stems to the centre. Stand for 3 minutes. | | |
| Brussels Sprouts | 250 g | 800 W | 6-7 |
| | **Instructions** Add 60-75 ml (5-6 tbsp.) water. Stand for 3 minutes. | | |
| Carrots | 250 g | 800 W | 4½-5 |
| | **Instructions** Cut carrots into even sized slices. Stand for 3 minutes. | | |
| Cauliflower | 250 g<br>500 g | 800 W | 5-6<br>8-9 |
| | **Instructions** Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre. Stand for 3 minutes. | | |
| Courgettes | 250 g | 800 W | 3-4 |
| | **Instructions** Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender. Stand for 3 minutes. | | |
| Egg Plants | 250 g | 800 W | 3½-4 |
| | **Instructions** Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice. Stand for 3 minutes. | | |

(continued)



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| Food | Serving Size | Power | Time (min.) |
|---|---|---|---|
| Leeks | 250 g | 800 W | 4½-5 |
| | **Instructions**<br>Cut leeks into thick slices. Stand for 3 minutes. | | |
| Mushrooms | 125 g<br>250 g | 800 W | 1½-2<br>3-3½ |
| | **Instructions**<br>Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving. Stand for 3 minutes. | | |
| Onions | 250 g | 800 W | 5½-6 |
| | **Instructions**<br>Cut onions into slices or halves. Add only 15 ml (1 tbsp.) water. Stand for 3 minutes. | | |
| Pepper | 250 g | 800 W | 4½-5 |
| | **Instructions**<br>Cut pepper into small slices. Stand for 3 minutes. | | |
| Potatoes | 250 g<br>500 g | 800 W | 4-5<br>7½-8½ |
| | **Instructions**<br>Weigh the peeled potatoes and cut them into similar sized halves or quarters. Stand for 3 minutes. | | |
| Turnip Cabbage | 250 g | 800 W | 5½-6 |
| | **Instructions**<br>Cut turnip cabbage into small cubes. Stand for 3 minutes. | | |

## REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.

Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

**Arranging and covering**

Avoid reheating large items such as joint of meat – they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

**Power levels and stirring**

Some foods can be reheated using 800 W power while others should be reheated using 600 W, 450 W or even 300 W.

Check the tables for guidance. In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).

Stir well or turn food over during reheating for best results. When possible, stir again before serving.

Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food.

It is preferable to underestimate cooking time and add extra heating time, if necessary.

**Heating and standing times**

When reheating food for the first time, it is helpful to make a note of the time taken – for future reference.

Always make sure that the reheated food is piping hot throughout.

Allow food to stand for a short time after reheating - to let the temperature even out.

The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.

Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

## REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.



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## REHEATING BABY FOOD

**BABY FOOD:** Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating!
Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40 °C.

**BABY MILK:** Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.

## REMARK:

Baby food particularly needs to be checked carefully before serving to prevent burns. Use the power levels and times in the next table as a guide lines for reheating.

### Reheating baby food and milk

Use the power levels and times in this table as guide lines for reheating.

| Food | Serving Size | Power | Time |
|---|---|---|---|
| Baby Food (Vegetables + Meat) | 190 g | 600 W | 30 sec. |
| | **Instructions**<br>Empty into ceramic deep plate. Cook covered. Stir after cooking time. Before serving, stir well and check the temperature carefully. Stand for 2-3 minutes. | | |
| Baby Porridge (Grain + Milk + Fruit) | 190 g | 600 W | 20 sec. |
| | **Instructions**<br>Empty into ceramic deep plate. Cook covered. Stir after cooking time. Before serving, stir well and check the temperature carefully. Stand for 2-3 minutes. | | |
| Baby Milk | 100 ml<br>200 ml | 300 W | 30-40 sec.<br>1 min. to 1 min. 10 sec. |
| | **Instructions**<br>Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turn-table. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully. Stand for 2-3 minutes. | | |

### Reheating Liquids and Food

Use the power levels and times in this table as a guide lines for reheating.

| Food | Serving Size | Power | Time (min.) |
|---|---|---|---|
| Drinks (Coffee, Tea and Water) | 150 ml (1 cup)<br>250 ml (1 mug) | 800 W | 1-1½<br>2-2½ |
| | **Instructions**<br>Pour into cup and reheat uncovered. Put cup/ mug in the centre of turntable. Keep in microwave oven during standing time and stir well. Stand for 1-2 minutes. | | |
| Soup (Chilled) | 250-350 g | 800 W | 3-4 |
| | **Instructions**<br>Pour into a deep ceramic plate or deep ceramic bowl.<br>Cover with plastic lid.<br>Stir well after reheating. Stir again before serving.<br>Stand for 2-3 minutes. | | |
| Stew (Chilled) | 350 g | 600 W | 4½-5½ |
| | **Instructions**<br>Put stew in a deep ceramic plate. Cover with plastic lid.<br>Stir occasionally during reheating and again before standing and serving. Stand for 2-3 minutes. | | |
| Pasta with Sauce (Chilled) | 350 g | 600 W | 4-5 |
| | **Instructions**<br>Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate.<br>Cover with microwave cling film. Stir before serving.<br>Stand for 3 minutes. | | |
| Filled Pasta with Sauce (Chilled) | 350 g | 600 W | 5-6 |
| | **Instructions**<br>Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate.<br>Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Stand for 3 minutes. | | |
| Plated Meal (Chilled) | 350 g | 600 W | 5½-6½<br>6½-7½ |
| | **Instructions**<br>Plate a meal of 2-3 chilled components on a ceramic dish.<br>Cover with microwave cling-film. Stand for 3 minutes. | | |





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## MANUAL DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.

Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible.

Check the food occasionally to make sure that it does not feel warm.

If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.

Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.

Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

**Hint :** Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide.

| Food | Serving Size | Power | Time (min.) |
|---|---|---|---|
| **Meat** | | | |
| Minced Meat | 250 g<br>500 g | 180 W | 5-6½<br>10-12 |
| Pork Steaks | 250 g | 180 W | 5-7 |
| | **Instructions**<br>Place the meat on a flat ceramic plate. Shield thinner edges with aluminium foil. Turn over after half of defrosting time! Stand for 15-30 minutes. | | |
| **Poultry** | | | |
| Chicken Pieces | 500 g (2 pcs) | 180 W | 12-14 |
| Whole Chicken | 1200 g | 180 W | 28-32 |
| | **Instructions**<br>First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time! Stand for 15-60 minutes. | | |
| **Fish** | | | |
| Fish Fillets | 200 g<br>400 g | 180 W | 5-7<br>10-12 |
| | **Instructions**<br>Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends with aluminium foil. Turn over after half of defrosting time! Stand for 5-25 minutes. | | |
| **Fruits** | | | |
| Berries | 300 g | 180 W | 5-7 |
| | **Instructions**<br>Distribute fruits on a flat, round glass dish (with a large diameter). Stand for 5-10 minutes. | | |
| **Bread** | | | |
| Bread Rolls (Each about 50 g) | 2 pcs<br>4 pcs | 180 W | 1-1½<br>2½-3 |
| Toast/Sandwich | 250 g | 180 W | 4-4½ |
| German Bread (Wheat + Rye Flour) | 500 g | 180 W | 8-10 |
| | **Instructions**<br>Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time! Stand for 5-20 minutes. | | |



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## GRILL

The grill-heating element is located underneath the ceiling of the cavity. It operates while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 3-4 minutes will make the food brown more quickly.

**Cookware for grilling:**
Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

**Food suitable for grilling:**
Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

**Important remark:**
Please remember that food must be placed on the high rack, unless another instruction is recommended.

## MICROWAVE + GRILL

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly. Three combination modes are available with this model: 600 W + Grill, 450 W + Grill and 300 W + Grill.

**Cookware for cooking with microwave + grill**
Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

**Food suitable for microwave + grill cooking:**
Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

**Important remark:**
The food should be placed on the high rack, unless another instruction is recommended. Otherwise it has to be placed directly on the turntable. Please refer to the instructions in the following chart.
The food must be turned over, if it is to be browned on both sides.

**Grill Guide for fresh food**

Preheat the grill with the grill-function for 3-4 minutes.
Use the power levels and times in this table as guide lines for grilling.
Use oven gloves when taking out.

| Fresh Food | Serving Size | Power | 1 step (min.) | 2 step (min.) |
|---|---|---|---|---|
| Toast Slices | 4 pcs (each 25 g) | Grill only | 2-3 | 2-3 |
| | **Instructions** Put the toast slices side by side on the rack. | | | |
| Grilled Tomatoes | 400 g (2 pcs) | 300 W + Grill | 5-6 | - |
| | **Instructions** Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the high rack. Stand for 2-3 minutes. | | | |
| Tomato-Cheese Toast | 4 pcs (300 g) | 300 W + Grill | 6-7 | - |
| | **Instructions** Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes. | | | |
| Toast Hawaii (Ham, Pineapple, Cheese Slices) | 4 pcs (500 g) | 300 W + Grill | 5-6 | - |
| | **Instructions** Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes. | | | |
| Baked Potatoes | 500 g | 600 W + Grill | 8-10 | - |
| | **Instructions** Cut potatoes into halves. Put them in a circle on the high rack with the cut side to the grill. | | | |
| Gratin Potatoes/ Vegetables (Chilled) | 450 g | 450 W + Grill | 10-12 | - |
| | **Instructions** Put the fresh gratin into a small glass pyrex dish. Put the dish on the high rack. After cooking stand for 2-3 minutes. | | | |

(continued)





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| Fresh Food | Serving Size | Power | 1 step (min.) | 2 step (min.) |
|---|---|---|---|---|
| Baked Apples | 2 apples (ca.400 g) | 300 W + Grill | 7-8 | - |
| | **Instructions**<br>Brush the lamb chops with oil and spices. Lay them in a circle on the rack. After grilling stand for 2-3 minutes. | | | |
| Chicken Pieces | 500 g (2 pcs) | 300 W + Grill | 12-14 | 10-13 |
| | **Instructions**<br>Brush chicken pieces with oil and spices. Put them in a circle on the high rack. After grilling stand for 2-3 minutes | | | |
| Roast Fish | 400-500 g | 300 W + Grill | 5-7 | 5½-6½ |
| | **Instructions**<br>Brush skin of whole fish with oil and add herbs and spices. Put two fishes side by side (head to tail) on the high rack. After grilling stand for 2-3 minutes. | | | |

## CONVECTION

Cooking with convection is the traditional and well known method of cooking food in a traditional oven with hot air.

**Cookware for convection cooking:**
All conventional ovenproof cookware, baking tins and sheets – anything you would normally use in a traditional convection oven – can be used.

**Food suitable for convection cooking:**
All biscuits, individual scones, rolls and cakes should be made by this mode as well as rich fruit cakes, choux pastry and soufflés.

## MICROWAVES +CONVECTION

This mode combines the microwave energy with the hot air and is therefore reducing the cooking time while giving the food a brown and crispy surface. Cooking with convection is the traditional and well known method of cooking food in an oven with hot air circulated by a fan on the back-wall.

**Cookware for cooking with microwaves + convection:**
Should be able to let the microwaves pass through. Should be ovenproof (like glass, pottery or china without metal trims); similar to the cookware described under MW + Grill.

**Food suitable for microwave + convection cooking:**
All kinds of meats and poultry as well as casseroles and gratin dishes, sponge cakes and light fruit cakes, pies and crumbles, roast vegetables, scones and breads.

### Convection Guide for fresh and frozen food

Preheat the convection with the auto pre-heat function to the desired temperature. Use the power levels and times in this table as guide lines for convection cooking. Use oven gloves when taking out.

| Fresh food | Serving Size | Power | 1 step (min.) | 2 step (min.) |
|---|---|---|---|---|
| **Pizza**<br>Frozen Pizza (Ready baked) | 300-400 g | 450 W + 200 °C | 11-12 | - |
| | **Instructions**<br>Place the pizza on the low rack.<br>After baking stand for 2-3 minutes. | | | |



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| Fresh food | Serving Size | Power | 1 step (min.) | 2 step (min.) |
|---|---|---|---|---|
| **Pasta** | | | | |
| Frozen Lasagne | 400 g | 1 step: 450 W + 200 °C<br>2 step: Only grill | 22-25 | 3-5 |
| | **Instructions**<br>Put into a suitable sized glass pyrex dish or leave in the original packaging (take care that this is suitable for microwaves and oven heat). Put frozen lasagne on the low rack. After cooking stand for 2-3 minutes. | | | |
| **Meat** | | | | |
| Roast Lamb (Medium) | 1000-1200 g | 600 W + 160 °C | 15-20 | 10-13 |
| | **Instructions**<br>Brush lamb with oil and spice it with pepper, salt and paprika. Put it on the low rack, first with the fat side down. After cooking wrap in aluminium foil and stand for 10–15minutes. | | | |
| Roast Chicken | 1000-1300 g | 450 W + 200 °C | 20-25 | 18-23 |
| | **Instructions**<br>Brush chicken with oil and spices. Put chicken first breast side down, second side breast side up on the low rack. Stand for 5 minutes. | | | |
| **Bread** | | | | |
| Fresh Bread Rolls | 4-5 pcs (250 g) | 100 W + 180 °C | 9-11 | - |
| | **Instructions**<br>Put bread rolls in a circle on the low rack. Stand 2-3 minutes. | | | |
| Garlic Bread (Chilled, Prebaked) | 200 g (1 pc) | 100 W + 200 °C | 10-12 | - |
| | **Instructions**<br>Put the chilled baguette on baking paper on the low rack. After baking stand for 2-3 minutes. | | | |

| Fresh food | Serving Size | Power | 1 step (min.) | 2 step (min.) |
|---|---|---|---|---|
| **Cake** | | | | |
| Apple Cake (Fresh Dough) | 500 g | Only 180 °C | 40-45 | - |
| | **Instructions**<br>Put the fresh dough in a small rectangular black metal baking dish (length 25 cm). Put the cake on the low rack. After baking stand for 5-10 minutes. | | | |
| Mini Muffins (Fresh Dough) | 8 x 30 g (200-250 g) | Only 180 °C | 17-23 | - |
| | **Instructions**<br>Fill the fresh dough evenly in paper muffin dishes. Put the dishes on the low rack. After baking stand for 5 minutes. | | | |
| Frozen Puff Pastries, Filled | 250-300 g | Only 180 °C | 23-28 | - |
| | **Instructions**<br>Put the pastry snacks on the low rack. | | | |
| Frozen Cake | 500 g | 180 W + 160 °C | 12-15 | - |
| | **Instructions**<br>Put the frozen cake directly on the low rack. After defrost and warming stand for 15-20 minutes. | | | |





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## TIPS AND TRICKS

MELTING BUTTER
Put 50g butter into a small deep glass dish. Cover with plastic lid.
Heat for 30-40 seconds using 800 W, until butter is melted.

MELTING CHOCOLATE
Put 100 g chocolate into a small deep glass dish.
Heat for 3-5 minutes, using 450 W until chocolate is melted.
Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY
Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 300 W, until honey is melted.

MELTING GELATINE
Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 300 W.
Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)
Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water.
Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 800 W, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM
Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid.
Add 300 g preserving sugar and stir well.
Cook covered for 10-12 minutes using 800 W.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids.
Stand on lid for 5 minutes.

COOKING PUDDING/CUSTARD
Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 800 W.
Stir several times well during cooking.

BROWNING ALMOND SLICES
Spread 30 g sliced almonds evenly on a medium sized ceramic plate.
Stir several times during browning for 3½ to 4½ minutes using 600 W.
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

# troubleshooting and error code

## TROUBLESHOOTING

If you have any of the problems listed below try the solutions given.

**The display and/or the oven is not working.**

- Make sure the plug is properly connected to a grounded outlet.
- If the wall outlet is controlled by a wall switch, make sure the wall switch is turned on.
- Remove the plug from the outlet, wait ten seconds, then plug it in again.
- Reset the circuit breaker or replace any blown fuse.
- Plug a different appliance into the outlet. If the other appliance doesn't work, call a qualified electrician to repair the wall outlet.
- Plug the oven into a different outlet.

**The oven's display works, but the power won't come on.**

- Make sure the door is closed securely.
- Check if any packaging material or anything else is stuck in the door seal.
- Check if the door is damaged.
- Press Cancel twice and enter all cooking instructions.

**The power goes off before the set time has elapsed.**

- It may occur a power outage. If there was a power outage, the time indicator will display: 88:88.
- Reset the clock and any cooking instructions.
- Reset the circuit breaker or replace any blown fuse.

**The food is cooking too slowly.**

- Make sure the oven is on its own 12 A amp circuit line. Operating another appliance on the same circuit can cause a voltage drop. If necessary, move the oven to its own circuit.

**Has sparks or arcing.**

- Remove any metallic utensils, cookware, or metal ties. If using foil, use only narrow strips and allow at least one inch between the foil and interior oven walls.



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**The turntable makes noise or becomes stuck.**

- Clean the turntable, roller ring and oven floor.
- Make sure the turntable and roller ring are positioned correctly.
- Make sure you have not put too much food on the turntable.
- If the food is too large or too heavy, the turntable may operate improperly.

**Causes TV or radio interference.**

- This is similar to interference caused by other small appliances, such as hair dryers. Move your microwave (or appliance) away from appliances, such as your TV or radio.

**Operating noise is too loud.**

- The MWO makes noise during operation. This is normal.
- If you hear an abnormal sound continuously, please contact the Samsung Call Center.

**This is normal.**

- Condensation inside the oven.
- Air flow around the door and outer casing.
- Light reflection around the door and outer casing.
- Steam escaping from around the door or vents.

**The oven does not start when you press the Start button.**

- Is the door completely closed?

**The food is not cooked at all.**

- Have you set the timer correctly and/or pressed the **Start** button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered?

**The food is either overcooked or undercooked.**

- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

**Sparking and cracking occur inside the oven (arcing).**

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminium foil too close to the inside walls?

**The oven causes interference with radios or televisions.**

- Slight interference may be observed on televisions or radios when the oven is operating. This is normal. To solve this problem, install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset. To solve this problem, disconnect the power plug and reconnect it. Reset the time.

**Smoke and bad smell when initial operating.**

- It's a temporary condition by new component heating. Smoke and smell will disappear completely after 10 minutes operation. To remove smell more quickly, please operate microwave oven with putting lemon formation or lemon juice in the cabinet.

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.
Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

## ERROR CODE

**"SE" message indicates.**

- Clean the keys and check if there is water on the surface around key. Turn off the microwave oven and try setting again. If it occurs again, call your local SAMSUNG Customer Care Centre.

**"E-24" message indicates.**

- Before the microwave can overheat, the "E-24" message appears on the display. If the "E-24" message appears, press the Stop/Eco key to utilize the initialization mode. After the oven cools, try operating the oven. If the "E-24" message appears again, contact your local Samsung Customer Care Centre.

For any codes not listed above, or if the suggested solution does not solve the problem, contact your local SAMSUNG Customer Care Centre.





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# technical specifications

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

| Model | CE75JD |
|---|---|
| **Power source** | 230 V ~ 50 Hz AC |
| **Power consumption**<br>Maximum power<br>Microwave<br>Grill (heating element)<br>Convection (heating element) | <br>2350 W<br>1200 W<br>1100 W<br>Max. 1700 W |
| **Output power** | 100 W / 800 W - 6 levels (IEC-705) |
| **Operating frequency** | 2450 MHz |
| **Magnetron** | OM75P (31) |
| **Cooling method** | Cooling fan motor |
| **Dimensions (W x H x D)**<br>Outside<br>Oven cavity | <br>489 x 282 x 444 mm<br>330 x 211 x 309 mm |
| **Volume** | 0.7 Cubic feet / 21 liter |
| **Weight**<br>Net | <br>15 kg approx. |

## MEMO



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## MEMO

## MEMO

## QUESTIONS OR COMMENTS

| COUNTRY | CALL | OR VISIT US ONLINE AT |
|---|---|---|
| AUSTRALIA | 1300 362 603 | www.samsung.com/au/support |
| NEW ZEALAND | 0800 SAMSUNG (0800 726 786) | www.samsung.com/nz/support |
| CHINA | 400-810-5858 | www.samsung.com/cn/support |
| HONG KONG | (852) 3698 4698 | www.samsung.com/hk/support (Chinese)<br>www.samsung.com/hk_en/support (English) |
| INDIA | 1800 3000 8282 - Toll Free<br>1800 266 8282 - Toll Free | www.samsung.com/in/support |
| BANGLADESH | 09612300300 – non toll free | |
| INDONESIA | 0800112888<br>021-56997777 | www.samsung.com/id/support |
| JAPAN | 0120-327-527 | www.samsung.com/jp/support |
| MALAYSIA | 1800-88-9999 | www.samsung.com/my/support |
| PHILIPPINES | 1-800-10-7267864 [PLDT]<br>1-800-8-7267864 [Globe landline and Mobile]<br>02-4222111 [Other landline] | www.samsung.com/ph/support |
| SINGAPORE | 1800-SAMSUNG(726-7864) | www.samsung.com/sg/support |
| THAILAND | 0-2689-3232<br>1800-29-3232 | www.samsung.com/th/support |
| TAIWAN | 0800-32-9999 | www.samsung.com/tw/support |
| VIETNAM | 1800 588 889 | www.samsung.com/vn/support |

**This product is RoHS compliant**

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